

PARA ATHLETICS

TECHNICAL RULES AND
REGULATIONS



2024



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GENERAL

The purpose of the “ISF Para Athletics Technical Rules and Regulations” is to provide standardized rules and regulations for all Para Athletics competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy, the ISF General Competition Regulations and World Para Athletics Rules.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Para Athletics events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to ISF Para Athletics event in 2024.

1.GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and WA technical rules under the direction of the ISF Technical Commission of Para Athletics (TC). Any decisions over matters not mentioned in the present document will be taken by the ISF TC.

- The ISF Para Athletics event is open to individuals.
- The competition is categorized as boy categories, and girls categories.

AGE CATEGORY

Category	U18
Year of birth	2006-2007-2008



2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation - mandatory
- Deputy Head of Delegation - optional
- Student athlete(s) - mandatory
- Team officials - mandatory
- Additional adults - optional
- Safeguarding officer - optional
- Young reporter - optional

HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation.
- The head of the delegation shall be the sole intermediary between the delegation and the Local Organising Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, referee, etc.).

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- max 1 Deputy Head of a delegation from 100 to 200 participants.
- max 2 Deputy Heads of a delegation from 201 or more participants.

ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must be attending schools that provide general education and/or vocational education incorporating segments of general education.
- Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.
- For athletes with physical and visual disabilities, the National classification will be applied.
- The National medical diagnostic form must be submitted to the registration system (ERAS) by 23 August 2024. (deadline of data collection)

The following are *not* eligible to participate:

- Attendees of vocational schools only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.

TEAM OFFICIALS

COACHES

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- Each delegation shall enter a minimum of one (1) coach per gender.



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OTHER TEAM OFFICIALS

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representatives, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.

SAFEGUARDING OFFICER

The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

YOUNG REPORTER

Each delegation may bring additional young students who will take the role of a young reporter during the ISF event.

3. SPORT PROGRAM

EVENTS

- **Boys and Girls**
 1. 100 m (Track*)
 2. 400 m (Track*)
 3. 1500 m (Track*)
 4. 3000 m (Track*)
- **Single**
 5. Shot Put (Field)
 6. Javelin Throw (Field)
 7. Discus Throw (Field)
 8. Club (Hammer) Throw (Field)
 9. Long Jump (Field)

* The three (3) Groups of Athletes, Vision Impairment, Wheelchair and Others, will run in individual races to guarantee fair competition between all athletes and secure Athletes' safety.



4. TECHNICAL RULES

RULES

COMPETITION FORMULA

Any Para Athlete can be registered for a maximum of 3 Events.
Separate Girls and Boys Podiums Depending on the representativeness and the number of Athletes.
Depending on their impairment classification, Athletes can compete using a prosthesis.
Depending on their level of impairment, vision impaired Athletes can be accompanied by a Guide-Runner for races or Guided by a Coach.
However, not all impairment classifications are eligible to compete in all the events

SPECIFIC RULES

GUIDE RUNNERS

- Guide Runners must be students attending schools that provide general education.
 - Presence of the Guide Runners for Athletes with Vision Impairment participating in Track Events:
 - T11 Athletes must run with a Guide Runner.
 - T12 Athletes have the option to run with a Guide Runner or run Independently.
- T11 and T12 athletes competing in an event that is entirely or partially run in lanes, each athlete will be allocated two lanes. The starting lanes will be staggered 1, 3, 5, and 7.
- General rules for the presence of the Guide Runners for Athletes with Vision Impairment participating in Field Events:
 - The manner of guidance is through a tether.
 - Tethers must meet the tether requirements as defined by WPA Rules and Regulations. Tethers are subject to inspection by the IPC Technical Delegate prior to competition.
 - The tether may only be attached at the hand(s) or arm(s) of the pair.
 - The tether must be made of non-elastic material and be no longer than 50 cm at full extension and no less than 10 cm.
 - The Guide Runner must complete his or her task while running (or walking) and is not permitted to use any mechanical means of transport.
 - The athlete and Guide Runner shall retain the tether attachment from the start of the race until the end of the race. No release shall be allowed until after the athlete finishes the race.
 - The athlete shall dictate the running style and cadence, not the Guide Runner.
 - The Guide Runner is not permitted to push, pull, or slingshot the athlete forward.
 - The Guide Runner must not cross the finish line ahead of the athlete.



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COMPETITION EQUIPMENT AND MATERIAL

Competition Equipment and Material shall be supplied by the LOC. Specification of the Competition Equipment and Material, as per Official Event Bulletin.

- **EYE MASK**

Athletes in T11 classification must have their eyes covered completely with gauze patches and must wear approved opaque glasses or suitable substitute. This must be worn from the time the Athlete leaves the Call Room to the end of the event. Failure to wear the eye patches and glasses will result in disqualification of the Athlete.

- **TETHER**

Athletes in classification T11 and T12 who compete with a guide must be guided through a single tether. The tether cannot contain elastic materials and shall not be able to store energy. A tether consists of two closed holding loops, a middle section and two fixed spherical stoppers at each end (see figure below). The full extension of the tether cannot exceed 30 cm. The middle section of the tether must be a minimum length of 10 cm and must be a distinctive colour that is easily distinguishable at a distance from the rest of the tether.

- **THROWING SEAT**

Throwing Frame Specifications:

World Para Athletics - WPA (International Paralympic Committee – IPC) Rules and Regulations 2023

Rule 35: Seated Throwing Requirements

(Sport Classes F31-34, F51-57)

Throwing Frames will be supplied by the Participants \ Teams

- **WHEELCHAIRS**

Wheelchair Frame Requirements

World Para Athletics - WPA (International Paralympic Committee – IPC) Rules and Regulations 2023

Rule 14: Wheelchair and Frame Running Requirements

(Sport Classes T32-34, T51-54 and T71-72)

Wheelchairs will be supplied by the Participants \ Teams

WINNERS MEDALS

Conditions and Number of Winners Medals as per Official Event Bulletin

FAIR PLAY MEDALS

Conditions, Number of Fair Play Medals and Committee Members as per Official Event Bulletin

PARA-ATHLETICS SPECIFIC REGULATIONS

Link to the WPA Regulations: Athletics Rules and Regulations World Para Athletics (paralympic.org)

RATING TABLE (Whenever is applicable)

Link to the World Para Athletics Point Scores: Technical Information (paralympic.org)



CLASSIFICATION

- **GENERAL**

Only athletes that meet the World Para Athletics classification rules and have a designated sport class will be eligible for entry. It is the responsibility of each country to ensure that its Athletes are appropriately classified at a national level prior to entry.

A certificate attesting each Athlete's Class, issued by the country's National Paralympic Committee or National Sport Federation, must be attached to the ISF ERAS system during the registration process.

The Paralympic system of classification intends to guarantee fair competition between all athletes. Athletes go through the classification process before taking part in the competition, during which they are assessed and allocated a sport class by the degree and nature of eligible impairments. This classification is carried out by a panel of medical and technical experts responsible for evaluating the impact of the impairment on specific tasks and activities fundamental to the sport and the athlete's sport performance. There is no single classification system that applies to all sports, due to their history and the way they are played, which is why each discipline has its own system.

Paralympic classification is a functional classification system, in which all athletes who compete in the same category are sure to have similar functional abilities in terms of movement, coordination and balance. That is why athletes with different impairments may be allocated the same sport class and compete against one another.

The classifications outlined below are designated by a letter, usually the initial of the sport, for example T for Track, and a number. Generally speaking, the lower the figure, the greater the impairment, though this is not always the case.

Athletes' classification in Para Athletics, is defined by a letter and a number: T for track and jump events and F for field events. Figures represent impairments as follows:

- 11-13: vision impairment
- 20: intellectual impairment
- 31-38: co-ordination impairments
- 40-47: short stature, upper limb competing with prosthesis or equivalent, lower limb competing with prosthesis or equivalent.
- T51-54: wheelchair races
- F51-58: seated throws
- 61-64: lower limb competing with prosthesis.



• **PARA ATHLETES' IMPAIRMENT CATEGORIES**

- Intellectual impairments: class II 1 (ii1)

Classification documents to be provided: National medical diagnostic document or VIRTUS certification. For eligibility guidance: Virtus guide

- Physical impairments:

- Impaired muscle power
- Impaired passive range of motion
- Ataxia
- Athetosis
- Hypertonia
- Leg length difference
- Limb deficiency/loss
- Short stature

Classification documents to be provided: Medical diagnostic form or National Medical Diagnostic Document.

- Visual impairments: less than 1/10th to the best eye after correction (two categories: total blind on one side and visually impaired on the other)

Classification documents to be provided: Medical diagnostic form or National Medical Diagnostic Document. For eligibility guidance: Lexi global guide

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.

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