PARA ATHLETICS

TECHNICAL RULES AND REGULATIONS

2026

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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 (WPA) 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 2026.

1.GENERAL CONDITIONS

The competition will be run according to the ISF Rules and Regulations and WPA 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 CATEGORY 1 (Students born in 2008-2009) and CATEGORY 2 (Students born in 2010 -2011), for both Boys and Girls Events.

COMPETITION CATEGORY (AGE CATEGORY)

- For Students 17 & 18 years old, born in 2009 & 2008 (CATEGORY 1) and 15 & 16 years old, born in 2011 & 2010 (CATEGORY 2).

Category	BIRTH YEAR	WPA IMPLEMENTED AGE GROUP
CATEGORY 1	2008-2009	U20
CATEGORY 2	2010-2011	U17

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

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 (LOC), 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
- All student-athletes must attend schools that provide general education, or an alternative form of general education approved by the relevant Ministry of Education in their respective country.
- 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

The following are *not* eligible to participate:

- Attendees of vocational schools that 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.
- Part time students
- Students receiving home 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.

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.

3. SPORT PROGRAM

EVENTS

- **Boys and Girls**
- **Single**

Event Type	Events for Boys and Girls (Categories 1 and 2)
Track	100m; 400m; 1500m
Field	Shot Put; Discus Throw; Javelin Throw; Club Throw; Long Jump

Eligible Sport Classes and Event Formation

Only athletes holding an eligible Para Athletics Sport Class Certificate for the entered event may compete. The eligible event/class combinations shall follow the WPA 2026 Classification Hierarchy Tables and the final ISF Event/Class Matrix. A non-existing WPA Class/Event Combination shall not be offered.

Events may be conducted as single-class or combined-class events. When more than one sport class competes for a single placing, the grouping and scoring method, including any use of the WPA (Raza) Points System, shall be published before the competition. Broad labels such as vision impairment, wheelchair and others shall be used only for operational separation and safety, not as a substitute for technical class grouping or a defined scoring method.

The three (3) Groups of Athletes, Vision Impairment, Wheelchair and Others, will run in individual races to guarantee fair competition between all Athletes and to 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, for both Categories (1 &2) 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, Intellectual Impairment Athletes (F20 & T20) are NOT eligible to compete in all the Events (According to WPA Hierarchy Table 2)

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.

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.

- **IMPLEMENTS**

Competition implements shall be supplied by the LOC. Category 1 shall use WPA U20 Implement Weights and Category 2 shall use WPA U17 Implement Weights, as listed in World Para Athletics Rules and Regulations 2026 - APPENDIX 1 - Competition Implements Weights for Sports Classes, for the relevant sport class and gender. “NE” combinations shall not be offered.

- **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.10 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:
As per World Para Athletics - WPA Rules and Regulations 2026 - Rule 35: Seated Throwing Requirements
(Sport Classes F31-34, F51-57)
Throwing Frames will be supplied by the Participants \ Teams

- **WHEELCHAIRS**

Wheelchair Frame Requirements
As per World Para Athletics - WPA Rules and Regulations 2026 Rule 14: Wheelchair and Frame Running Requirements
(Sport Classes T32-34, T51-54 and T71-72)
Wheelchairs will be supplied by the Participants \ Teams

- **CALL ROOM AND SAFETY**

Officials shall verify accreditation, uniform, bibs and all class-specific equipment. Track Races may be operationally separated where required for safety. Seated Throws and Club Throw shall be organized with the safety measures required by WPA Rules 34–37.

- **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 World Para Athletics (WPA) Rules and Regulations September 2026 (paralympic.org)

Link to the 2025 - 2026 World Para Athletics (WPA) Youth Point Scores Calculator Field & Track Events (paralympic.org)

CLASSFICATION

- **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, through which is guaranteed that all Athletes who compete in the same category, 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 Athletes' classification outlined below are designated by a letter, usually the initial of the sport, for example in Para Athletics, T for Track (Track and Jump Events) and F for Field (Field Events), and a number. Generally speaking, the lower the figure, the greater the impairment, though this is not always the case.

Impairment Group	Sport Classes / Eligibility Reference	Required Evidence
Vision Impairment	T/F11–13	National sport-class certificate and ophthalmological/medical diagnostic documentation
Intellectual Impairment	T/F20; Virtus Class II 1 (II1) eligibility	National sport-class certificate and psychological/diagnostic documentation or accepted Virtus eligibility evidence
Coordination Impairment	T/F31–38	National sport-class certificate and medical diagnostic documentation
Short Stature / Limb Deficiency / Impaired ROM or Power	T/F40–47 and T/F61–64, as applicable	National sport-class certificate and medical diagnostic documentation
Wheelchair Racing / Seated Throws / Frame Running	T32–34, T51–54, T71–72; F31–34, F51–57	National sport-class certificate and medical diagnostic documentation

Unless ISF formally announces an on-site classification panel, athletes shall arrive with all accepted classification evidence completed. Classification review, protest and appeal procedures are separate from technical-result protests.

- **PARA ATHLETES' IMPAIREMENT 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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