



CIF San Diego Section Wheelchair and Ambulatory Track and Field Division Contest Rules

GENERAL GUIDELINES:

A Wheelchair and Ambulatory Division is scheduled for the 2019 CIF San Diego Section and State Track and Field Meet. Both Divisions will include participants from CIFSDS member schools.

- Each athlete will have the opportunity to compete in the 100, 200, 400, and shot put. All necessary equipment is the responsibility of the athlete.
- The meet order shall be determined by CIF staff and tournament directors.
- Each event is an unclassified event. Athletes do not need classification in order to compete.
- In track events, Athletes in the Wheelchair and Ambulatory Divisions will compete in separate races from traditional athletes. In the shot put, meet organizers may include athletes in a flight with able-bodied athletes, but athletes will be placed and recognized for awards separately.
- Meet management reserves the right to combine genders into one race if the number of entries is not adequate to fill the heat and/or the number of lanes on the track.
- The top six athletes in each event will receive medals.
- Modified scoring will be as follows: 1st place= 2 points. 2nd -6th place= 1 point each. The maximum point total obtained in the Wheelchair and Ambulatory division towards the team championship may not exceed 6 point per gender.

ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:

Only high school students eligible under the CIF Constitution and Bylaws are eligible to compete.

- All applicable CIF rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair and Ambulatory Divisions with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events. (See Bylaw 503)

ENTRY REQUIREMENTS:

To qualify, coaches must submit times and scores to Vanessa Meyers at vanessacifsdsgmail.com, no later than May 6 at 12:00 p.m. CIFSDS will determine proper placement in the Prelims and Finals. Depending on the number of participants, athletes may not

need to attend prelims.

- Coaches should follow the same procedures for their wheelchair and ambulatory athletes as they do traditional athletes.
- Athletes must compete in their school uniform. Please see the event rules section on how to handle exceptions which may be necessary.
- A qualifying performance may be obtained from any local competition during the regular season, sub-section or section qualifying meet or Paralympic events from spring of 2019. Race entries must be FAT recorded. Shot put entries must be able to be verified by an official meet host.

100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: www.eaglesportschairs.com.

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter). The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event; however no event will be delayed or rescheduled if such an incident occurs.

SHOT PUT EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link: www.eaglesportschairs.com

- Implements must be allowed by NFHS regulations. The 4K shot put will be used for boys and 6lbs. shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the

circumference of the circle.

- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw. Tournament staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the circle. The State CIF, in cooperation with the US Paralympic Organization, will provide a throwing chair at the State meet.

STATE WHEELCHAIR AND AMBULATORY DIVISION QUALIFICATION STANDARDS:

Participants must meet the following standard for each event in order to submit an entry to the state meet. School personnel will be required to submit an official meet results document to verify the performance.

T&F Wheelchair Division Qualification Standards:

Event	Boys	Girls
100	:40	:45
200	1:20	1:30
400	2:00	2:30
Shot	2.8 M - 4K	2.2 M - 6lbs

T&F Para-Ambulatory Division Qualification Standards:

Event	Boys	Girls
100	:25	:30
200	:50	:55
400	1:50	1:55
Shot	4 M – 4K	4.4 M – 6lbs

FREQUENTLY ASKED QUESTIONS:

Who is eligible in the Wheelchair Division?

All athletes with a permanent physical disability on file with the school and in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

Who is eligible in the Ambulatory Division?

All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf, Amputees, and Spinal Cord injury. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9- 12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

Where can athletes compete?

Wheelchair and Ambulatory athletes can compete at any CIF sanctioned meet. Meet directors will be encouraged to add these events. Coaches should always call ahead of time to confirm the

events being offered. Coaches can also help by asking meet organizers ahead of time to please add an event if they have not placed on in the program. Athletes may also compete at Paralympic events and those marks will be accepted for the State meet entries provided the races are FAT and the shot put performance can be officially documented.

How does an athlete participate for their high school track and field team? The athlete must follow the same procedures at their school established for traditional athletes competing in track and field.

Can athletes in wheelchairs compete against traditional athletes in the same race?

Yes. In school sanctioned track meets wheelchair athletes can compete with one another. For the 100m, 200m and 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in an outside lane. Wheelchair athletes in the 100M, 200M and 400M in CIF Championships will not compete with traditional athletes. Boys and Girls heats may be combined for competition and separated at the conclusion to determine places for each gender and/or division.

Is this true for Shot put also?

Yes, the athletes may be flighted with the traditional athletes. The athlete's choice of type of "throwing chair" may determine if this is possible or if the athlete needs to be flighted before or after the traditional athletes.

Can the athlete score points for their team?

Yes. Athletes that compete in the wheelchair and ambulatory divisions will be awarded individual honors and will be eligible to score points for their team.

How does a coach enter an athlete in the State meet?

The athlete must be entered into the State meet via the entry form available on the track page of the State CIF website.

Can an athlete compete in all the events throughout the course of the day?

Yes.

Can athletes racing on the track receive assistance from coaches or other personnel?

No, athletes may not receive assistance during the competition. Can athletes throwing the shot put receive assistance from the coaches or other personnel?

A coach (only) may assist the athlete in getting to the competitive area and may also assist the athlete entering and leaving the circle. In the event that the wheelchair athlete does not have tie-down straps, a coach may hold the chair during the throwing attempt to prevent excessive movement.

Are the NFHS uniform rules in place for a Wheelchair or Ambulatory athlete? Yes, all uniform rules and regulations are in effect just as with traditional athletes. Any exceptions/modifications may need to be considered and presented to meet officials for clarification.

RESOURCES:

UNITED STATES PARALYMPICS

Paul Ackerman

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CHALLENGED ATHLETES FOUNDATION

Patrick Lawrence

Patrick@challengedathletes.org

Travis Ricks

coachricks@me.com

ADAPTIVE SPORTS AND RECREATION ASSOCIATION

Lindsay Holzhammer

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Coach Education

<http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Coaches-Education>

(Revised 1/3/19)