



**TRACK & FIELD
National Governing Body
of
Wheelchair and Ambulatory Sports, USA**

**2010-2011
Competition Rules
For
Track, Field &
Road Racing**

NOTABLE 2010-2011 CHANGES:

This document highlights the changes 2010-2011 rule changes instituted by IAAF, IPC and WTFUSA.

1. FALSE START CHANGE:

The IAAF & IPC have changed the Track Event starting rule from 1 false start on the field before disqualification to; **no false starts allowed before disqualification.**

WTFUSA has instituted a modification to this rule for the Under 11 ("A") and Under 14 ("B") age groups. **Our A and B athletes will be allowed 1 false start on the field before a disqualification.**

a. NOTE: Pentathlon follows the rule: one false on the field before the disqualification.

2. 4 POINT STANCE START REQUIREMENT:

The IPC modified the IAAF Track start rule which demands an athlete in a short race (100M, 200M, 400M) to use a 4 point starting stance. **T35-38 and T42-46 are not required to start in a 4 point stance.**

3. JUDGING A WHEELCHAIR FINISH:

Wheelchair finish shall be judged at the axle and not the hub.

4. FIELD CHAIR CHANGE:

a. The Field Chair **holding bar must not be made of energy storing or flexible materials** which actively contribute to the throwing distance.

b. The **backrest if used must be at 90 degrees to the seat and have no flex.** (178.1,2)

5. LONG JUMP:

A Long Jump- Guide for a blind athlete must stand and not run

6. IPC OPEN CLASS AGE REQUIREMENT:

Athletes must be at least 14 by 12/31 of the competition year to compete in the open class.

7. ROAD RACE DRAFTING RULE:

IPC has formally adopted a no drafting out of class rule which WTFUSA has had in place for both for Road and Track for many years.

IPC defines road race drafting as any athlete within 5 M of a competitor for 400M or longer (WTFUSA section 72.0). WTFUSA also does not allow drafting out of class in all mixed class (not-open) non-lane track events.

8. TREATING FIELD IMPLEMENT:

Shotput and Discus athletes may place chalk or a similar substance on the implement in addition to their hands.

9. LIFTING AND FOULING:

(WTFUSA 98.0) Lifting & Fouling – Rules changed but was reversed 2/24/10 and published 3/2010.

- IPC will use old rule and not the rule published in the 2010-2011 rule book.

Lifting is allowed for all sitting classes, if the foot is on the ground.

WTFUSA Minor Changes or Rules Which WTFUSA Wishes to Emphasize:

1. The way we refer to Junior Age groups is changing over 2 years from referring to them as “A’s, B’s, C’s, D’s, or E’s” with the age as of 1/1 (of the year of competition) to Under11, U14, U17, U20, U23, with the age as of 12/31 of the year of competition.

THIS DOES NOT CHANGE ANYTHING

“A”	7-9	as of	1/1/2010	TO	U 11	7-10	as of	12/31/2010
“B”	10-12	as of	1/1/2010	TO	U14	11-13	as of	12/31/2010
“C”	13-15	as of	1/1/2010	TO	U17	14-16	as of	12/31/2010
“D”	16-18	as of	1/1/2010	TO	U20	17-19	as of	12/31/2010
“E”	19-21	as of	1/1/2010	TO	U23	20-22	as of	12/31/2010

Example: Athlete turns 12 on 12/30/2009 competes as a “B” in 2010.

Under the “U” terminology

Athlete would turn 13 in 2010 and would be a U14 by 12/31/2010..

2. FIELD PITS:

- a. Field pits for athletes competing in chairs do not require a toe board.
- b. Wheelchair athletes may contest field competitions on a flat grassy area without a pad or cage.

3. HELMET RULES FOR JUNIORS:

All Junior track events require Juniors to wear a helmet no matter the distance.

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