

SDS OPEN JUNIOR ATHLETICS CHAMPIONSHIPS FOR SCHOOL AGE ATHLETES WITH A PHYSICAL DISABILITY, SENSORY IMPAIRMENT AND/OR LEARNING DISABILITY

EVENTS

TRACK

60M, 100M, 200M, 400M, 800M, 1500M (for ambulant and wheelchair racers)

100M Walk (ambulant only), Power Chair Slalom, 60m PETRA

FIELD Long Jump, Standing Long Jump, Shot Putt, Softball, Javelin and Discus (for ambulant and wheelchair athletes)

Club (for PD Ambulant and wheelchair users only), Bean Bag Distance and Height throw (for athletes who use a power chair)

RULES & REGULATIONS

1. ELIGIBILITY

- 1.1. Entries are accepted from S.D.S. Branches, schools and member organisations.
- 1.2. Track and field events are open to athletes who have some degree of sensory impairment, physical disability or learning disability. S.D.S. minimal disability criteria for entry to events will apply. For further information contact the S.D.S. office.
- 1.3. Athletes must have prepared appropriately and be able to complete safely the events entered.
- 1.4. Athletes must be aged between 10 – 18 years (incl) on the day of competition.

2. GAMES FORMAT

- 2.1. A full time/distance banded system will be used for the track and field competition. The classes will be based on times submitted by entrants.
- 2.2. Each athlete must have current best times/distances submitted to ensure that appropriate classes can be established.
- 2.3. Depending on the number of entrants athletes with physical disabilities/sensory impairments and learning disabilities may compete in the same events however separate medals will be awarded for PD/SI and LD.
- 2.4. If the time/distance recorded by an athlete at the Championships is unacceptably greater than the time/distance submitted on the entry form then this will be noted on the results

- 2.5. Medals will be presented to 1st, 2nd and 3rd in each event except where there are fewer than 5 competitors. The minus one rule will apply – 4+ = Gold, Silver & Bronze; 3 = Gold & Silver; 1/2 = Gold only.
- 2.6. Athletes may enter a maximum of 3 events
- 2.7. Male and female athletes may race together for classification purposes however, separate medals will be awarded

3. ATHLETICS RULES

- 3.1. These athletics rules are to be read in conjunction with the standard IAAF and Scottish Athletics Rules.
- 3.2. ***Track Events - Start and finish***
 - 3.2.1. Where a competitor has a hearing impairment, a flag may be used as well as a pistol.
 - 3.2.2. Competitors in ambulant classes may use starting blocks if they so wish.
 - 3.2.3. The furthest forward part of a wheelchair must be behind the inside edge of the start line.
 - 3.2.4. Wheelchair finish: the time taken from the flash of the pistol to the moment at which the hub of the leading wheels of the competitor's chair reaches the near edge of the finish line.

Walks

- 3.3.1. The 100m walk is only open to ambulant athletes who have a physical disability.

4. FIELD EVENTS

General Rules for Competitors in a Wheelchair

- 4.1. The wheels of the chair must be inside the throwing circle or behind the foul line.
- 4.2. No part of the competitor's wheelchair may touch the ground outside the circle or in front of the foul line.
- 4.3. It shall be a foul throw if a competitor touches with any part of the body or chair, the ground outside the throwing area or the top of the stop board or circle.
- 4.4. It is advisable that the wheelchair is held to ensure stability.
- 4.5. Coaching is not permitted.

- 4.6. Throwing stools may be used. During the action of the throw or putt, at least one part of the upper leg or buttock must remain in contact with the cushion or the seat of the stool until the implement is released.
- 4.7. 4 throws or putts will be performed sequentially.

Rules for Ambulant competitors

- 4.8. 4 throws/putts performed as per the order of the programme.

Rules for Specific Events

- 4.9. Softball will be thrown into a standard throwing sector
- 4.10 The implement may be thrown in any fashion.

Club

- 4.11 The Club may be thrown in any over, side or underarm fashion.
- 4.12 The club throw is only open to athletes with a physical disability who are unable to throw the shot putt and softball.
- 4.13 The club event will be thrown from the Discus cage

Shot Putt

- 4.14 The Shot Putt should be conducted in accordance with the IAAF rules

Weights

U16 Girls LD	–	2.72kg
O16 Girls LD	–	3.25kg
U16 Boys LD	–	3.25kg
O16 Boys LD	–	4.00kg
Wheelchair users / PD	–	2.72kg

NB: If an athlete throws a distance of over 7m with the lower weight then they must use the heavier weight

Javelin

4.15 **Weights**

U 16 Girls	-	400g
O 16 Girls	-	600g
U16 Boys	-	600g
O16 Boys	-	700g

NB: Athletes can do EITHER softball or javelin, not both

Discus

4.16 Weights

U/O 16 Girls	-	1Kg
U/ 16 Boys	-	1.25Kg
O/16 Boys	-	1.50Kg

Jumps

- 4.17 Competitors are only permitted to enter either the Long Jump or the Standing Long Jump. The Standing Long Jump is only for athletes who cannot perform the running Long Jump
- 4.18 Competitors will perform 4 jumps sequentially
- 4.19 For B1 and B2 (if required), a 1m x 1m chalked area will be used for take off purposes

Events for athletes who use Power Chairs or Trike

- 4.20 There will be a slalom event for Power Chair users using CP ISRA Guidelines. This will take place on one of the aprons at either end of the track
- 4.21 Bean Bag throw for height and distance (2 separate events) will be offered for athletes with severe physical disabilities who cannot throw softball or club
- 4.22 A 60m PETRA event will be offered for those who use a trike to propel themselves

5. RULES GOVERNING WHEELCHAIRS

General rules

- 5.1. It shall be the responsibility in the first instance of the official conducting the check to rule on the safety of the chair. Chair in good working order

6. VISUALLY IMPAIRED COMPETITORS

- 6.1. Visually impaired competitors should provide their own guides and callers if required.
- 6.2. Callers for the 100 metres events may move up the track as long as they are in front of the competitors and facing the competitor at a distance away considered suitable by the track judge.
- 6.3. If not using a guide, Class B1 competitors will run singly against the clock in the 60 and 100 metres.
- 6.4. Guide runners may not precede the competitor.

- 6.5. The guide runner and competitor may use a non-elastic guide rope which will conform with IBSA guidelines.
- 6.6. Class B1 competitors shall use dark glasses for all events.
- 6.7. Class B2 and B3 competitors may use two lanes and run on the middle white line.
- 6.8. Acoustic and electronic aids for use by callers are permitted.

7. ADDITIONAL POINTS

- 7.1. There will be no relay races.