

**S.D.S. OPEN ATHLETICS CHAMPIONSHIPS
FOR VISUALLY IMPAIRED AND
PHYSICALLY DISABLED ATHLETES
RULES & REGULATIONS**

1. ELIGIBILITY

1.1. Entries are accepted from individuals, clubs, S.D.S. branches, member organisations. Guest entries from Home Countries and abroad will be accepted.

1.2. Track and field events are open to athletes who have some degree of visual impairment or physical 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.

2. GAMES FORMAT

2.1. A full time/distance banded system will be used for the track and field competition (details enclosed). The classes are based on results recorded by entrants to the Scottish Athletics Championships during the past few years.

2.2. Racing Chairs and Throwing stools will be subject to measurement.

2.3. If the time/distance recorded by an athlete at the Championships is unacceptably greater than the time/distance submitted on the entry form then disqualification may result. Five percent improvement above the upper limit of the class is considered acceptable.

2.4. The minimum age of entry to the Championships is:

Track Events 12 years Field Events 12 years

Ages are taken on the date of the Championships. Because track and field events are banded, there may not be separate competition for juniors and seniors.

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 - 5/6 = Gold, Silver & Bronze; 3/4 = Gold & Silver; 1/2 = Gold only.

2.6. Athletes may enter a maximum of 5 events, excluding 5000 metres and relays.

2.7. Guests medals may be awarded where appropriate.

2.8. 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 reach the near edge of the finish line.

3.3. Relays

Wheelchair Relay

3.3.1. 4 x 100 metres male and female open to all wheelchair classes

3.3.2. 4 x 400 metres male and female open to all wheelchair classes

3.3.3. Each team shall be allocated two adjacent lanes.

3.3.4. Where it is required for the relay to be run in lanes, the competitor may wheel in either of the two allocated lanes.

3.3.5. The take-over shall be by touch on any part of the out-going competitor or wheelchair within the take-over zone.

3.3.6. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages to denote the scratch lines.

Ambulant Relay

3.3.7. 4 x 100 metres male and female open to all ambulant classes

3.3.8. 4 x 400 metres male and female open to all ambulant classes

3.3.9 Change by use of relay baton.

3.3.10 Two adjacent lanes may be used for visually impaired athletes with a guide runner.

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. The wheelchair may be held by one attendant for stability within the circle or behind the throwing line. Restraining ropes will be available.

4.5. Coaching is not permitted.

4.6. Wheelchairs may be secured by approved fixing apparatus which should be fastened outside the throwing area. No contact may be made with this apparatus during the throwing sequence.

4.7. 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 until the implement is released.

4.8. 6 throws or putts will be performed sequentially in two rounds.

4.9. Throwing stools are permitted but must conform to International Governing Body rules.

Rules for Ambulant competitors

4.10 6 throws/putts performed as per the order of the programme.

Rules for Specific Events

4.11 Athletes using their own implements will require to have them weighed at the start of the event

Club

4.12 The Club throw should be conducted, for all wheelchair classes, in accordance with the IAAF rules as they relate to Discus.

4.13 The Club may be thrown in any over, side or underarm fashion.

4.14 There will be a club event for ambulant competitors.

5. RULES GOVERNING WHEELCHAIRS

General rules

5.1. The maximum diameter of the wheels including the inflated tyre shall not exceed 70 cm.

5.2. Safety rollers are permitted to prevent the wheelchair tipping forwards or backwards.

5.3. Only one cushion of uniform thickness is permitted on the seat of the chair. It may not be more than 10 cm thick and should be sufficiently pliable to allow both ends to meet when folded.

5.4. The maximum height of the seat rail including any cushioning shall not exceed the current ISMWSF guidelines.

5.5. Blocks on the footrest(s) are permitted for competitors with short legs providing that they do not extend over the front of the footrest(s).

5.6. It will be the responsibility of the competitors that the wheelchair conforms to all wheelchair rules and no event shall be delayed whilst a competitor makes adjustments to the chair.

5.7. Chairs may be measured in the marshalling area before the start of the event. Chairs which have been examined may be liable to re-examination before or after the event by the official in charge.

5.8. It shall be the responsibility in the first instance of the official conducting the check to rule on the safety of the chair.

Specific Wheelchair Rules for Track Events

5.9. The wheelchair shall have at least two large wheels and one small wheel.

5.10 The wheelchair design must not incorporate any addition device to enhance its aerodynamic capacity.

5.11 One hand rim only will be allowed on each large wheel. This rule may be waived for persons requiring a single arm drive if so stated on the classification card.

5.12 Hand operated steering devices will be allowed provided that they have no mechanical gears.

5.13 The total length of the chair shall conform to the current ISMWSF guidelines.

5.14 Any type of strapping may be used.

Specific Wheelchair Rules for Field Events

5.15 The maximum height of the seat rail at the front and/or rear shall conform to the current ISMWSF guidelines.

5.16 The use of back rests is optional

5.17 No boards or hard material are allowed in addition to the cushion.

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 shall conform to the current 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.

6.9 For long jump B1/B2 competitors will be able to take off from a 1m x 1m marked area rather than take off board.

7. ADDITIONAL POINTS

7.1. Competitors may compete in wheelchair events only if they fulfil the appropriate classification criteria as laid down by ISOD, ISMWSF and CP ISRA.

7.2. The Club event is for Classes 1 - 4 and electric wheelchair users with a separate club for severely disabled ambulant athletes.

7.3. Javelin Ball is for Class 1 and Class 2 competitors.

7.4. Distance Throw is for Class 1 and Class 2 and electric wheelchair users. The rules will apply to the current CP ISRA manual.