



access to sport

**Cerebral Palsy
International Sports and Recreation Association**

Excerpt from the CPISTRA Sports Manual - 10th Edition - 2009

**Section B - Sports Rules
Athletics**

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Athletics

1. General

1.1 CPISRA is the International Sport Organization for athletes with Cerebral Palsy and is a founder member of International Paralympic Committee. CPISRA recognises that the IPC is the governing body for Athletics (Track and Field) for athletes with Cerebral Palsy. Athletes in Classes T/F32-38 competing in IPC recognised will be classified in accordance with the latest IPC classification manual. Details of this manual and all other aspects of IPC athletics can be found at

www.paralympic.org/release/Summer_Sports/Athletics

CPISRA are still responsible for the classification of athletes competing in CPISRA recognised events. Details of these events and the associated rules are detailed later in this chapter. The classes eligible to compete in these events are field athletes F31 and F32 (lower), wheelchair track athletes T32 (upper) and T32 (lower) and racerunner athlete's classes 31-33 (RR31-33). Athletes competing in CPISRA recognised events will be classified in accordance with the CPISRA classification system outlined elsewhere in this manual.

1.2 Rules

All competitions in IPC recognized events will be conducted under the current IAAF rules as amended by the IPC rule book. The latest edition of the IPC rule book can be found at the website detailed above. The rules for non IPC recognized events are detailed later in this chapter.

1.3 Viability of events

In CPISRA sanctioned athletics events i.e. World Championships, Regional and National Championships, where there is less than four competitors "the minus one rule shall apply" i.e. 3 athletes in competition, 2 medals will be presented 2 athletes in competition 1 medal will be presented. If there is only one athlete in a competition to qualify for a medal the athlete must break a record equivalent to the status of the competition, i.e. World Championship, world record, National Championship, national record.

2. IPC Recognised Track, Road Race and Cross Country Events

- Individual Track Events Classes T32
- 100m, 200m & 400m
- Individual Track Events Classes T33- T36
- 100m, 200m, 400m, 800m, 1500m, 5000m
- Individual Track Events Classes T37- T38
- 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m

3. Team Track Events

- 4 X 100m and 4 X 400m relay for males (T33&T34) and (T35-38)
- 4 X 100m and 4X 400m relay for females (T33&T34) and (T35-38)

Full details are available in the IPC rule book

4. Road Races 10K ½ Marathon (21.0975Km), Marathon (42.195Km)

Classes T33-T38

5. Cross Country Events

Ambulant - 3000m for men (Classes 35 & 36 Combined) and women (open)
5000m for men class 37&38

6. Pentathlon

- Classes 33-38

Full details are available in the IPC rule book

7. IPC Recognised Field Events For CP Athletes

Class	Event	Implement	Weight / Dimensions	Other Notes
F32	Club Shot Discus	See appendix 1	See appendix 1 2Kg Men / Women 1Kg Men / Women	IPC and IAAF rules
F33	Shot Discus Javelin	As approved by IAAF	3kg Men / Women 1Kg Men / Women 600 gms Men / Women	IPC and IAAF rules
F34	Shot Discus Javelin	As approved by IAAF	Men 4Kg, Women 3Kg 1Kg Men / Women 600 gms Men / Women	IPC and IAAF rules
F35	Shot Discus Javelin Long Jump	As approved by IAAF	Men 4Kg, Women 3Kg 1Kg Men / Women 600 gms Men / Women	IPC and IAAF rules
F36	Shot Discus Javelin Long Jump	As approved by IAAF	Men 4Kg, Women 3Kg 1Kg Men / Women 600 gms Men / Women	IPC and IAAF rules
F37	Shot Discus Javelin Long Jump	As approved by IAAF	Men 5Kg, Women 3Kg 1Kg Men / Women 600 gms Men / Women	IPC and IAAF rules
F38	Shot Discus Javelin Long Jump	As approved by IAAF	Men 5Kg, Women 3Kg Men 1.5Kg, Women 1Kg Men 800 gms, Women 600 gms	IPC and IAAF rules

8. CPISRA Recognised Field Events

8.1 Distance Throw

Rules for wheelchair field events apply as previously defined.

A 34.92-degree vector shall be used.

The implement may be thrown in any fashion.

8.2 Height Throw

For this competition the relevant part of IAAF rules 171 (High Jump) can apply. Where possible it is advisable to use pole vault stands.

A competitor may throw the implement from any position in front of the bar.

The bar shall be raised in consultation with the referee of the field events.

If competitors are tied with the maximum height being reached, further attempts will be taken at increment distances from the vertical plane of the bar.

8.3 Javelin Ball and Spungdis

The throw can be made from a circle or line. Wheels must remain behind the throw line.

The implement can be thrown forwards, side wards or overhead/behind.

For a valid throw, the implement shall fall completely within the inner edges of the 34.92 degree landing sector.

The measurement of each throw shall be made by markers, at the nearest point to the front of the circle or scratch line.

8.4 Medicine Ball Thrust

A 34.92-degree vector shall be used and the surface should be as flat as possible.

The foot should remain in contact with the medicine ball throughout the movement prior to release.

Kicking is not permitted.

8.5 Kick Ball

A 34.92 degree vector shall be used and the surface should be as flat as possible.

The ball should be placed by the coach behind the start line but should not be held. The ball may be repositioned prior to the attempt. The kick shall be considered valid once it has gone over the start line.

Sand may be used to stabilise the ball, but not to raise the ball as a kicking tee.

The ball must be stationary at the time of kicking.

Notes : In both the Medicine Ball Thrust and the Kick ball events, the foot pedals on the chair may be removed. The wheels of the chair must be behind the start line. A competitor's foot may touch the ground within the kicking area providing that the contact is made with the seat of the chair during the thrust

or kick. In both these events the measurement is made from the nearest point of the ball where it finally rests to the scratch line.

Class	Event	Implement	Weight / Dimensions	Other Notes
F31	Distance Throw Height Throw Javelin Ball Spungdis	Canvass Covered Bean Bag filled with dried peas.	150 gms 10 cms X 15 cms 600 gms 250 gms	CPISRA Rules
F32 (LOWER)	Thrust Ball Kick Ball	Medicine Ball Rubber / Plastic Ball	3Kg Smooth Leather, Rubber or Suede, 86 -90cms circumference. Weight 900gms, 90 - 100cms circumference. Diameter approx 32 cms	CPISRA Rules

9. CPISRA Recognised Track Events

9.1 Race Runner

9.1.1 Race Running is an athletic discipline where the athletes are running on their feet, while using a three-wheeled running frame for support of their body. These events are open to CP Class 31 – 33 athletes. (RR1-RR3)

The Race Runner has support from a saddle and a body support plate, a steering handle is used for manoeuvrability. There are no pedals attached to the frame. A technical drawing of the racerunner is available at 10 - Appendix 1.

9.1.2 The frame has got 2 rear wheels and 1 front wheel.

9.1.3 Maximum length 200cm, maximum width 95cm (outside the two rear wheels).

9.1.4 Front wheel size: up to 63.5cm or 25inches. Rear wheel size: up to 68.5cm or 27inches.

9.1.5 Saddle may have other shapes than the traditional type of racing cycling saddle.

9.1.6 The body support plate may be individual shaped to provide stability.

9.1.7 The body may be strapped to the plate with a belt or orthopaedic brace.

- 9.1.8 The steering handle should ensure that the athlete is able to race and manoeuvre safely.
- 9.1.9 Hands may be strapped to the handlebars.
- 9.1.10 If the athlete is able to use a brake it should be installed.
- 9.1.11 No mechanical gears or engine is allowed.
- 9.1.12 All parts of the racerunner (i.e. from the hub of the front wheel must be behind the rear edge of the start line
- 9.1.13 The time shall be taken from the flash of the pistol to the moment at which the hub of the front wheel of the competitors chair reach the near edge of the finish line
- 9.1.14 Where a race runner athlete competes in a road race it is recommended that they start after wheelchair and ambulant athletes.

9.2 Class 32 Upper and Lower Wheelchair Racing

- 9.2.1 The IPC athletics rules also apply to class 32 athletes. In addition the following rules or exceptions to the IPC rules also apply.
- 9.2.2 Mirrors are allowed on wheelchairs used by Class 2 lower athletes.
- 9.2.3 Class 32 lower athletes can propel their racing chairs using their feet and can do so either forwards or backwards
- 9.2.4 Class 32 lower athletes are exempt from any rules insisting that no part of their limbs should fall to the ground or track during an event.
- 9.2.5 For Class 32 athletes all parts of the wheelchair (i.e. from the hub of the front wheel or wheels) and the athlete's feet must be behind the rear edge of start line.

9.3 World Records, World Bests, and World Rankings

- 9.3.1 As of November 2007 CPISTRA made the decision not to maintain a separate world record list for IPC recognised event. The current IPC world records can be found at www.paralympic.org .
- 9.3.2 CPISTRA still maintains World Records for CPISTRA recognised track and field events and World Bests for road events for racerunner. These records will be published on the CPISTRA website on 1st January of each year.
- 9.3.3 World records in CPISTRA recognised track and field events shall only be ratified when accomplished at a competition sanctioned by IPC, CPISTRA

or a National Athletics Association (disabled or non disabled meets where the officials hold appropriate levels of certification.) Notification about new World records / World Bests must be submitted in writing or by e-mail using World Record/ World Best application form to the CPISTRA athletics co-ordinator within eight weeks of being set.

9.3.4 Only athletes on the CPISTRA official classification list are eligible to set World Records and World Bests.

9.3.5 It is not the intention of CPISTRA to maintain an annual rankings list.

9.4 Young Athletes

9.4.1 The main role of CPISTRA is to encourage the development of sporting opportunities for athletes with Cerebral Palsy. In line with this objective CPISTRA would encourage members to provide athletics competition for young athletes.

It is difficult to provide a set of definitive rules for young athletes because IAAF rule only recognise junior and youth athletes. At the younger age groups it is left to National Federation to formulate age groups, rules and regulations. This has led to wide variations between countries and therefore the rules outlined in the remainder of this section may vary from what are currently in place in any particular country. The age groups apply to class 31-38.

Age Group	Definition
Junior	Aged 18 or 19 on 31st December in competition year
Youth	Aged 16 or 17 on 31st December in competition year
U16	Aged 14 or 15 on 31st December in competition year
U14	Aged 12 or 13 on 31st December in competition year
U12	Aged 10 or 11 on 31 st December in competition year

9.4.2 U12 should do a maximum of 2 events on any competition day. On the track the maximum distance athletes of this age should run or push is 800m. Athletes in this age category should not compete over 400m.

U14 should do a maximum of 3 events on any competition day. On the track the maximum distance athletes of this age should run or push is 1500m. Athletes in this age category should not compete over 400m and should not race over 800m and 1500m on the same competition day.

U16 should do a maximum of 3 events on any competition day. On the track the maximum distance athletes of this age should run or push is 3000m. Athletes in this age category should not compete in 3000m, 1500m and 800m on the same competition day.

There are no restrictions placed on youths and juniors in terms of number of events and the distances raced.

9.5 Implement Weights

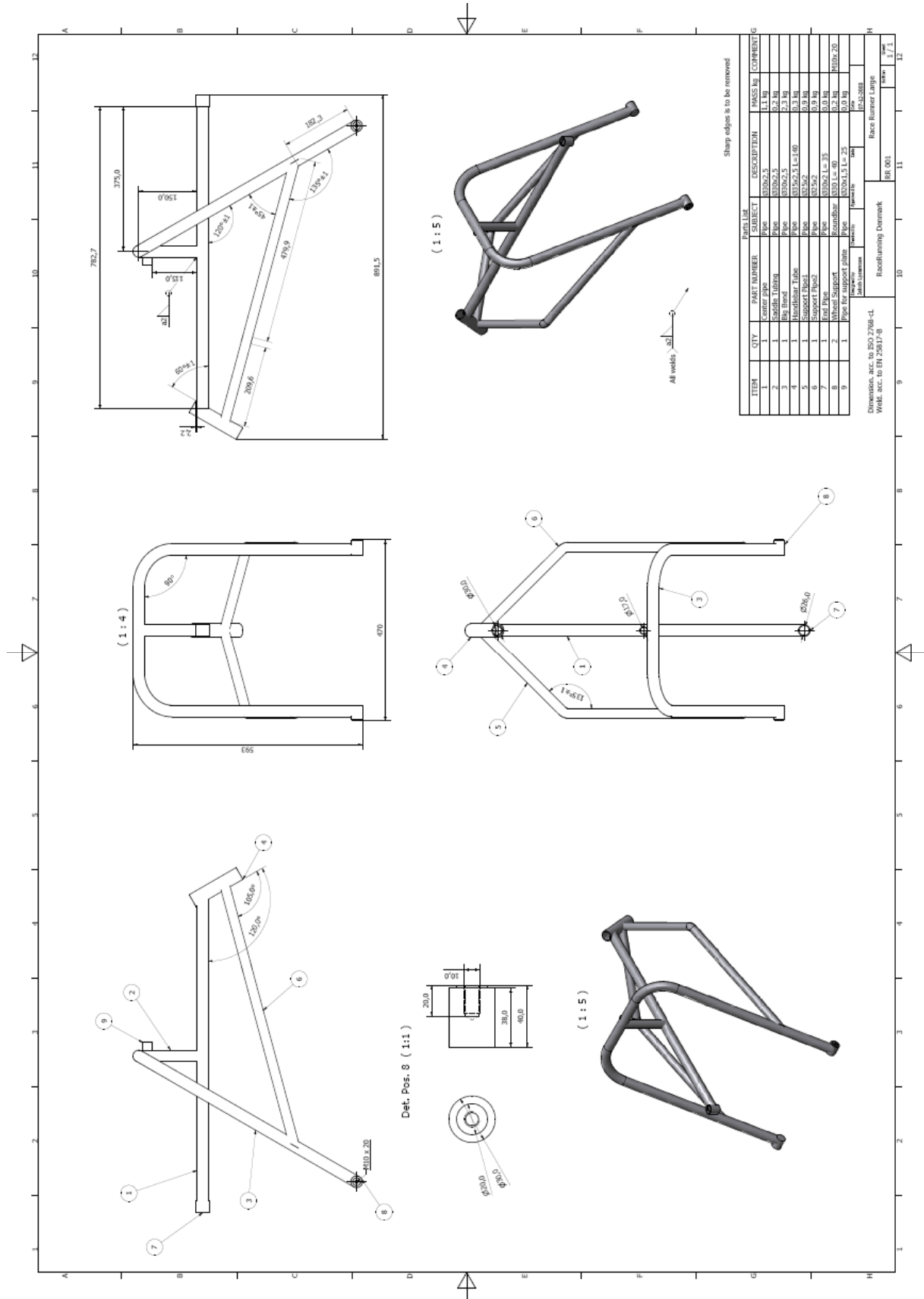
Men Class	Shot	Discus	Javelin	Club
32	2.00Kg	1.00kg		397gm
U16	1.00Kg	0.75g		397gm
U 12 &U14	1.00Kg	0.75g		397gm
33	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U 12 & U14	1.00Kg	0.75g	400gm	
34	4.00kg	1.00kg	600gm	
U16	3.00Kg	0.75g	500gm	
U 12& U14	2.00kg	0.75g	400gm	
35	4.00kg	1.00kg	600gm	
U16	3.00Kg	0.75g	500gm	
U12 &U14	2.00kg	0.75g	400gm	
36	4.00kg	1.00kg	600gm	
U16	3.00Kg	0.75g	500gm	
U 12 & U14	2.00kg	0.75g	400gm	
37	5.00kg	1.00kg	600gm	
U16	3.00Kg	0.75g	500gm	
U12 & U14	2.00kg	0.75g	400gm	
38	5.00kg	1.50Kg	700gm	
U16	3.00Kg	0.75g	500gm	
U12 &U14	2.00kg	0.75g	400gm	

Women Class	Shot	Discus	Javelin	Club
32	2.00kg	1.00kg		397gm
U16	1.00Kg	0.75g		397gm
U12&U14	1.00Kg	0.75g		397gm
33	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U12 &U14	1.00Kg	0.75g	400gm	
34	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U12 & U14	1.00Kg	0.75g	400gm	
35	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U12 & U14	1.00Kg	0.75g	400gm	
36	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U12 &U14	1.00Kg	0.75g	400gm	
37	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U 12&U14	1.00Kg	0.75g	400gm	
38	3.00Kg	1.00kg	600gm	
U16	2.00kg	0.75g	500gm	
U 12& U14	1.00Kg	0.75g	400gm	

Note : Youths and Juniors throw the same weight implements as senior athletes.

- 9.5.1 CPISTRA do not intend at present to maintain records for any of these age categories.
- 9.5.2 An Athlete must be at least aged 15 by 31st December in the year of the competition to compete in a senior competition.

10. Appendix 1 - Technical Draw Race Runner



11. Glossary of Terms

Abbreviation	Description
BAC	Board of Arbitration Classification
CAS	Court of Arbitration for Sport
CBC	CPISRA Boccia Committee
CC	Chief Classifier
CO	Classification Officer
CP	Cerebral Palsy
CPISRA	Cerebral Palsy International Sports and Recreation Association
CRS	Competition Review Status
CS	Confirmed Status
e.g.	latin <i>exempli gratia</i> means <i>for example</i>
FIFA	Fédération Internationale de Football Association
FIS	Federation International de Ski
HOC	Head of Classification
i.e.	latin <i>id est</i> - means <i>in other words</i>
ICU	International Cycling Union
IIHF	International Ice Hockey Federation
IM	Intentional Misrepresentation
IPCAS	IPC Alpine Skiing
IPC	International Paralympic Committee
IPC CC	IPC Classification Code
IS	International Standard
LOC	Local Organizing Committee
NADO	National Anti-Doping Organization
NE	Not Eligible
NS	New Status
RS	Review Status
TD	Technical Delegate
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WCF	World Curling Federation