



## Oregon School Activities Association

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## Track & Field Para-Athlete Division Guidelines

### **OSAA Para-Athlete Track & Field Eligibility**

The para-athlete division will include wheelchair participants and ambulatory participants. Definition of athletes eligible to compete in this division are as follows:

- Wheelchair – All athletes with a permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
- Ambulatory – All athletes shall have a permanent orthopedic, neuromuscular, or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by the licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.

### **Track Event Rules – Para-Athlete 100m, 400m & 1500m Races**

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

#### **Track chair:**

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

#### **Wheels:**

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

#### **Helmet and Gloves:**

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

#### **The Race:**

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.

- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

#### **Field Event Rules – Para-Athlete Shot Put:**

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.
- All wheelchair competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair).
- Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

#### **Shot Put Weights:**

- Boy's will use an 8.81 lb. (4K) shot.
- Girl's Category will use a 6 lb. shot

#### **State Championships Scoring Procedures:**

Para-athletes will compete against one another, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair or eight ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Wheelchair	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Meets	Individual Scoring
1	5 – 3
2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

### **Team Scoring Procedures:**

Team point earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive the 4th place championship trophy.

**Note:** If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.