



## 2013 SHERBROOKE CANADA SUMMER GAMES ATHLETICS TECHNICAL PACKAGE

Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Sport Committee of the Canada Games Council (CGC) through his or her Chef de Mission or NSO.

Technical Packages are developed primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Director of Sport for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after three years prior to the Games. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating provincial/territorial associations, the CGC, and the Host Society. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

— National Partners/ Partenaires nationaux —



**2013 SHERBROOKE CANADA SUMMER GAMES  
TECHNICAL PACKAGE**

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**1. SPORT:       ATHLETICS**

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**2. PARTICIPANTS:**

2.1 Competitors: Male: up to 33   Female: up to **33**  
Total team complement not to exceed 61 athletes.

Five (5) of the team positions are reserved exclusively for wheelchair track athletes. At minimum, two (2) of the wheelchair track athletes must be female, and two (2) of the wheelchair track athletes must be male. Two (2) of the team positions are reserved exclusively for para-athletes in shot put or discus. One (1) of the athletes must be female and one (1) of the athletes must be male. Additionally, two (2) of the male team positions are reserved exclusively for Special Olympics athletes and two (2) of the female team positions are reserved exclusively for Special Olympics athletes.

**2.2 Competitor Breakdown:**

- **Maximum of 50 able bodied athletes (Male: up to 27 Female: up to 27).**
- **Maximum of 5 wheelchair track athletes (minimum 2 male and 2 female).**
- **Maximum of 2 para throws athletes (minimum 1 male and 1 female)\*\*.**
- **Maximum of 4 Special O athletes (minimum 2 male and 2 female).**

**\*\* note that the 2 athletes competing in the para throws events MUST be different than those athletes competing in the wheelchair track events.**

### 2.3 Staff:

under 20 athletes	3 coaches, 1 manager At least one of the <u>coaches</u> must be female.
21 - 30 athletes	4 coaches, 1 manager At least one of the <u>coaches</u> must be female.
31 - 35 athletes	5 coaches, 1 manager At least one of the <u>coaches</u> must be female.
36 - 40 athletes	6 coaches, 1 manager or 5 coaches, 2 managers At least one of the <u>coaches</u> plus one of the other staff (coach, manager) must be female.
41 - 61 athletes	7 coaches, 1 manager or 6 coaches, 2 managers At least two of the <u>coaches</u> plus one of the other staff (coach, manager) must be female.

2.4 Special Olympics Staff For teams including the Special Olympics athletes 1 additional coach OR manager shall be added to the above outlined in 2.2.

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### 3. CLASSIFICATION:

Under 22 as of December 31, 2012  
Date of Birth: 1991 or later

All Para-Athletics Classifiable athletes must be Under 30 years of age as of December 31, 2012 – born 1983 or later. The wheelchair track events will be contested in the open functional class (T54) only. T33, 34, 52 or 53 class athletes are eligible for selection to their provincial/territorial team but will compete in the open class and will therefore compete for the same set of medals as all athletes entered in the event.

Para Throwing events are open to all throwing classifications with results being calculated through the IPC Points Tables or equivalent available in 2013. Males and females will not be combined.

“Able Bodied” competitors cannot be entered in Para-Athletics events.

Special Olympics athletes must be under 30 years of age as of December 31, 2012 – born in 1983 or later.

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#### **4. ELIGIBILITY:**

##### 4.1 Coaches:

Any staff listed as coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3 in at least one Track or Field discipline, or the equivalent level in the new NCCP, Competition stream, Development context, (Certified status). These coaches must be so certified not later than 180 days before the opening of the Games (February 3, 2013).

##### 4.2 Competitors:

Excluded from the Canada Games are:

- (a) Athletes that have held an SR1 or SR2 card (as defined by Sport Canada’s Athlete assistance Program) at any time.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status (i.e., no athlete will be excluded if they are granted carding status after May 4, 2013)

Athletes participating in the Special Olympics events must be registered with and be members in good standing of Special Olympics Canada and have qualified at events sanctioned by Special Olympics Canada.

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- 5. COMPETITION:** Athletics Canada and IAAF 2012-2013 rules;  
IPC 2012-2013 rules for Para-Athletics events;

##### 5.1 EVENTS

Men (25 events)

Women (25 events)

100, 200, 400, 800, 1500 and  
5000 metres

100, 200, 400, 800, 1500, and  
5000 metres

Hurdles 110, 400 metres  
Steeplechase 3000 metres

Hurdles 100, 400 metres  
Steeplechase 2000 metres

200, 400, 1500 metres  
wheelchair

200, 400, 1500 metres  
wheelchair

100, 200 metres  
Special Olympics

100, 200 metres  
Special Olympics

Relays 4 x 100 metres  
4 x 400 metres

Relays 4 x 100 metres,  
4 x 400 metres

High Jump, Long Jump,  
Triple Jump, Pole Vault

High Jump, Long Jump  
Triple Jump, Pole Vault

Shot Put, Discus,  
Javelin, Hammer

Shot Put, Discus,  
Javelin, Hammer

Para Shot Put, Discus

Para Shot Put, Discus

Decathlon

Heptathlon

There is a maximum of two (2) entries per event per province, except para shot put and discus where there will be a maximum of one (1) per event per province.

There is no limit to the number of events a competitor may enter.  
A province/territory may enter only one relay team in each relay event.

There will be qualifying rounds in all field events where the number of entries exceeds 16.

Semi-finals and finals will be conducted in all track events of less than 2000 metres as required by the number of entries.

For races of less than 1500 metres, there shall be a "B" final for those who do not qualify among the top eight who will run in the "A" final. The "B" final will have up to 8 competitors. In the schedule of events, the "B" final shall precede the "A" final. The "A" finalists will be determined in accordance with IAAF advancement Rule 166. The next eight fastest times will advance as "B" finalists.

To determine the number of rounds and the number of heats in each round, the tables outlined in IAAF rule 166 will be used with the following exceptions:

- a. The 1500m and steeplechase events shall be conducted as straight finals if there are fewer than 19 declared entrants; and,
- b. Regardless of the number of entries received, the 5,000m event shall be conducted as a straight final.

## 5.2 ENTRIES

Only athletes registered through their Provincial/territorial teams for the 2013 Canada Summer Games for the sport of Athletics can be entered in the Athletics competition at the 2013 Canada Summer Games.

Seed performances must be achieved outdoors between **01 May 2013 and 31 July 2013** at sanctioned or provincial/territorial branch-recognized competition (AC, Branch, IAAF).

Final entries showing seed performances shall be made by e-mail using Hy-Tek by **31 July 2103**

Within 24 hours of receiving the entries the meet organizers will confirm receipt of the entries by sending a list of entries in each event to the e-mail address of the individual who submitted entries by e-mail.

Each team shall identify any omissions or oversights to their entry to the meet organizers within 24 hours of receipt of the entry list.

Wind readings must be included for sprints and horizontal jumps.

Weight of throwing implements must be identified on official results.

Official results must be submitted, at the request of the Athletics Meet Director, for verification of seed performances.

Hand times will be converted for the requirements of the start lists. The following times shall be added: for events of 200m and under in distance, 0.24s; for events of longer distances, 0.14s.

## 5.3 FINALISING ENTRIES

A Final Confirmation of Entries will be in effect at the 2013 Canada Summer Games. Known substitutions (for athletes that have not traveled with the team)

must be submitted in writing to the Meet Director, one hour prior to the opening of the Technical Meeting.

The deadline for the confirmation of entries is 9:00 am on the day the event is to be held. Confirmation of entries is to be presented in writing to the entries/results coordinator.

#### 5.4 SCHEDULE OF EVENTS

A draft Schedule will be available to teams as soon as one has been developed and approved for public circulation.

After receiving and considering input from the Provinces and Territories a revised draft schedule will be made available to teams.

**NOTE:** The Final Schedule may change when entries are received and the numbers entered in each event are known. Where qualifying rounds are not required, finals may be run at the time of the qualifying round.

After receipt of the entries the Competition Schedule will be modified to reflect the number of entries in each event and the Final Schedule will be posted on the Canada Games website ([www.canadagames.ca](http://www.canadagames.ca)) and communicated to the teams by email to the address from which the team entries were submitted.

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## 6. SPORT SCORING:

In the individual events there are 26 scoring positions, with points awarded for 1<sup>st</sup> through 26<sup>th</sup> position as follows:

Position	Pts
1st place	100
2nd place	90
3rd place	80
4th place	70
5th place	65
6th place	60
7th place	55

Position	Pts
8th place	50
9th place	47
10th place	44
11th place	41
12th place	38
13th place	35
14th place	32

Position	Pts
15th place	29
16th place	26
17th place	24
18th place	22
19th place	20
20th place	18
21st place	16

Position	Pts
22nd place	14
23rd place	12
24th place	10
25th place	8
26th place	6

For events run in lanes, positions 9 to 16 shall be determined by the order of finish in the "B" final. Qualifiers for the "A" final shall be scored from 1-8

depending upon finish order in the "A" final. Athletes not in the "A" or "B" final shall be ranked by their time, height or distance from qualifying rounds.

In the relay events there are 13 scoring positions, with points allocated for 1<sup>st</sup> through 13<sup>th</sup> as follows:

Position	Pts	Position	Pts
1st place	100	8th place	30
2nd place	80	9th place	25
3rd place	65	10th place	20
4th place	55	11th place	15
5th place	45	12th place	10
6th place	40	13th place	5
7th place	35		

Positions 9 through 13 shall be determined by the order of finish of the "B" final. Qualifiers for the "A" final shall be scored from 1-8 depending on the order of finish in the "A" final.

Athletes and relay teams competing in the qualifying round of track events and in qualifying rounds of field events that do not finish (DNF), are disqualified (DSQ), do not start (DNS), or do not record a valid jump or throw (NH) (NM) shall not score team points. Furthermore, athletes and relay teams that DNF, are DSQ, DNS, NH or NM in events that are contested as a straight final (i.e. no qualifying round is held) shall not score team points. The exceptions to the above are the Combined Events (Heptathlon and Decathlon) where athletes who start each of the events that make up the combined event shall be deemed to have finished the Combined Event even if they do not finish or record a performance in one or more of the events that make up the combined event.

Athletes who have qualified for the finals will be awarded points since they did rank higher than the athletes who were beat out in the preliminary rounds. For example, if Athlete X advances to the "A" Final but then gets disqualified, he/she would still be awarded points of the 8<sup>th</sup> place finisher (50 pts based on the scoring system). If two athletes were to be DSQ in the "A" Final, they would then split the points that would have been awarded to the 7<sup>th</sup> and 8<sup>th</sup> place finishers  $(55+50)/2 = 52.5$  pts per competitor. The same procedure applies to athletes and relay teams that do not finish the B final and to athletes that have qualified for a field event final but do not record a valid performance in the final.

Furthermore, athletes or relay teams not finishing (DNF), disqualified (DSQ), not starting (DNS) or with no valid jump (NH) do not score in the overall ranking in events with a straight final.

All individual and relay events shall be scored according to the above-mentioned system regardless of the number of entries received and/or provinces/territories represented.

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**7. PROVINCIAL/TERRITORIAL RANKING:**

Provincial/Territorial ranking shall be determined by the sum of points scored in all individual and relay events. Men and women will be ranked separately. Flag points will be awarded on the following basis:

Position	Points	Position	Points	Position	Points
1 <sup>st</sup> place	10	6 <sup>th</sup> place	5	11 <sup>th</sup> place	1.5
2 <sup>nd</sup> place	9	7 <sup>th</sup> place	4	12 <sup>th</sup> place	1
3 <sup>rd</sup> place	8	8 <sup>th</sup> place	3	13 <sup>th</sup> place	0.5
4 <sup>th</sup> place	7	9 <sup>th</sup> place	2.5		
5 <sup>th</sup> place	6	10 <sup>th</sup> place	2		

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**8. TIE BREAKING RULE - COMPETITION:**

The Athletics Canada rules in force at the time of the Games shall prevail.

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**9. PROVINCIAL/TERRITORIAL RANKING - TIE BREAKING:**

If there is a tie on points between two or more provinces, the tie shall be broken in favour of the province with the most first places, if still tied, the most second places, and if still tied, the most third places and so on until the tie is broken.

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**10. MEDALS:**

GOLD            64                      SILVER            64                      BRONZE            64

(Note: Relay teams may be awarded up to six medals if there are changes in runners from semi-finals to finals. Only the four finalists will take part in the medal ceremony. This could require up to an additional 8 medals of each colour.)

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**11. COMPETITIVE UNIFORM:**

Provincial/Territorial colours must be worn.

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**12. EQUIPMENT:**

The organizers will provide starting blocks, relay batons, and throwing implements. Throwers may submit their implements for certification and use in the events' equipment pool. Athletes in the pole vault and decathlon must provide their own poles, which must be submitted for inspection and control prior to the event.

Athletes competing in the wheelchair racing events must adhere to the equipment regulations outlined in Appendix 2.

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**13. APPENDIX:**

The attached appendix form is an integral part of this technical package.

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**APPENDIX 1**  
**2013 Sherbrooke Canada Summer Games**

**Competitor Eligibility**

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens and permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's NSO and/or **Provincial/Territorial** Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the **Province or Territory** they are representing. An athlete can have only one domicile.
5. Students attending school on a full-time basis outside their **province/territory** of permanent residence during the year of the Games shall be permitted to compete for either their **province/territory** of permanent residence or the **province/territory** in which the athlete attends school. To be eligible to compete for the **province/territory** where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her **province/territory** of permanent residence, the athlete is encouraged to represent his or her **province/territory** of permanent residence; however, the athlete could represent the **province/territory** where the centre is located under the terms of paragraph (7), below.
7. Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the **province or territory** she or he wishes to represent by such means as having been a member of a club or **provincial/territorial** sport organization in that **province/territory** for the entire previous competitive season, having represented that **province or territory** at a previous national or regional championship or having attended school full-time the previous academic year or having been a member of a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.
8. An athlete is permitted to try out for any **province or territory** of eligibility but can only try out for one province or territory per sport (i.e. an athlete may try out for swimming for one **province or territory** but cannot try out for swimming

in another **province or territory**. An athlete may try out for one **province or territory** in swimming, and may try out for another **province or territory** in diving).

9. Athletes may only compete for one **province or territory** at a single Canada Games.
10. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
11. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or PSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
12. Where a team/**province/territory**/Chef wishes to challenge the eligibility of an athlete on another **provincial/territorial** team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

#### **Other**

13. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
14. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

**APPENDIX 2**  
**WHEELCHAIR TRACK – EQUIPMENT REGULATIONS**  
**INTERNATIONAL PARALYMPIC COMMITTEE (IPC) ATHLETICS – OFFICIAL RULES FOR**  
**ATHLETICS 2010-11**  
**SECTION III TRACK EVENTS**

**5.12 Rule 159: Wheelchair Requirements**

(Sport Classes T32-34 & T51-54)

**5.12.1 Rule 159.1: Wheel Configuration**

At Paralympic Games, IPC World Athletics Championships and IPC Regional Championships the wheelchair shall have two (2) large wheels and one (1) small wheel. In other competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel/s must be at the front of the chair.

**5.12.2 Rule 159.2: Wheelchair Dimensions**

- (a) No part of the body of the wheelchair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.
- (b) The maximum height from the ground of the main body (def of main body?) of the wheelchair shall be 50 cm.
- (c) No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.

**5.12.3 Rule 159.3: Wheel Dimensions**

- (a) The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.
- (b) The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.

**5.12.4 Rule 159.4: Push-rim Configuration**

Only one plain, round, push-rim is allowed for each large wheel.

Note: This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Card or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.

**5.12.5 Rule 159.5: Mechanical Gears or Levers Not Permitted**

No mechanical gears or levers are allowed to propel the wheelchair.

**5.12.6 Rule 159.6: Steering Device Configuration**

Only hand operated, mechanical steering devices are allowed.

**5.12.7 Rule 159.7: Steering Requirements for Events 800m or Longer**

In all races of 800m or longer, the athlete must be able to turn the front wheel(s) manually both to the left and to the right.

**5.12.8 Rule 159.8: Mirrors Not Permitted**

The use of mirrors is not permitted in wheelchair track or road races.

#### **5.12.9 Rule 159.9: Wheelchair Measurement and Inspection**

Wheelchairs will be measured and inspected in the Call Room and must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.

#### **5.12.10 Rule 159.10: Wheelchair Athlete's Responsibility for Limb Protection**

Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

#### **5.12.11 Rule 159.11: Athlete's Responsibility for Wheelchair Compliance**

It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.

#### **5.12.12 Rule 159.12 Technical Officials Responsibility for Wheelchair**

Safety It is the responsibility of the Technical Officials to rule on the safety of the wheelchair and the athlete using it.

### **PARA-ATHLETICS – EQUIPMENT REGULATIONS INTERNATIONAL PARALYMPIC COMMITTEE (IPC) ATHLETICS – OFFICIAL RULES FOR ATHLETICS 2010-11 SECTION IV FIELD EVENTS**

#### **5.20 Rule 178: Secured Throwing Requirements**

(Sport Classes F31-34, F51-58)

##### **5.20.1 Rule 178.1: Throwing Frame Specifications**

(a) The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm.

(b) Footplates if used are for support and stability only.

(c) Footplates to be placed on the ground and to secure the contact foot are allowed, but should not provide height advantage. The height of these footplates must not exceed 1 centimetre.

(d) Side rests for safety and stability may be attached to the seat. The frame may have a holding bar that does not have any articulation or joints

(e) The frame may have a holding bar made of metal, fibreglass or similar but must not have any articulation or joints.

(f) All parts of the frame must be fixed. Assistance to the athlete by flexible jointed parts is not allowed.

##### **5.20.2 Rule 178.2: Throwing Frame Measurement and Inspection**

Throwing Frames will be measured and inspected in the Call Room or at the competition area prior to the commencement of the event. Once it has been measured and inspected an athlete's Throwing Frame must not be taken from the competition area before the start of the event. Throwing Frames can be re-examined by the officials before, during or after the event. Note: Measurement will always take place without the athlete sitting in the frame.

### **5.20.3 Rule 178.3: Athlete's Responsibility for Throwing Frame Compliance**

It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their throwing Frame.

### **5.20.4 Rule 178.4: Secured Throwing Competition Area**

(Sport Classes F31-34, F51-58)

All Secured throwing events should be conducted from a circle, diameter 2.135m to 2.50m, into a sector as described in Rule 187.

### **5.20.5 Rule 178.5: Positioning of the Frame**

(Sport Classes F31-34, F51-58)

When positioning and securing the throwing frame inside the competition area all parts of the throwing frame, holding bar and footplates must remain inside the vertical plane of the rim of the circle throughout the trial.

### **5.20.6 Rule 178.6: Time Allocation for Securing Frames**

(Sport Classes F31-34 & F51-58)

A reasonable time will be permitted for an athletes frame to be placed in the circle before the commencement of their first trial. This time should not normally exceed:

- (a) 2 minutes for Sports Classes F32-34 and F54-58, or
- (b) 3 minutes for classes F31 and F51-53.

Note: While the responsibility for tying down rests with officials and volunteers, the Technical Delegate will issue specific interpretations at each competition which ensure athletes do not engage in time-wasting tactics.

### **5.20.7 Rule 178.7: Holding Device Failure**

(Sport Classes F31-34, F51-58)

If a holding device should break or fail during the execution of a throw then the overseeing official should:

- (a) If the athlete does not foul, offer the athlete the option of re-taking that trial (i.e. if the athlete is happy with the distance and they haven't fouled then the athlete has the option of counting the affected trial), or
- (b) If the athlete fouls then the trial should not be counted and the athlete should be allowed to retake the affected trial.

### **5.21 Rule 179: Secured Throwing Technique, Lifting & Fouling**

(Sport Classes F31-34, F51-58)

#### **5.21.1 Rule 179.1: Secured Throwing Technique for F31-34 & F51-58**

Athletes can use their leg or legs during the throwing action, providing they maintain a sitting position. Note: The intended "sitting position" is for at least one buttock to be in contact with the seat of the frame whereby the athlete would be able to balance if they were asked to lift their feet off the ground. Athletes also have the option of finishing the throw or put in an upright position providing they:

- (a) Maintain a sitting position on their throwing frame until the first forward movement which results in the release of the implement (i.e. any preliminary swings or rocking movements must be done from a sitting position).
- (b) Maintain foot contact with the ground inside the circle until after the implement has been released.

Note: The intended “foot contact with the ground” is for at least the ball of the foot to be in contact with the ground inside the circle. The contact foot can turn as per an “able-bodied” active foot action, but it cannot lift or step until the throw has been released.

(c) The contact foot may be secured to the ground by strapping or a foot plate, but the thickness of the plate must be <1cm, so that it does not provide a height advantage to the athlete. Any foot securing device must only be at ground level flat to the ground and must not increase the height of release of the implement (e.g. by throwing off raised footplates and the like).

(d) The non-contact foot is free to move within the throwing area as defined by the rules of the event (i.e., the athlete may step into the throw with the non-contact foot);

Note: If an athlete presents with an anatomical limitation that prevents them adhering to the above requirements (e.g. a bilateral amputee), then an assessment will need to be made by the IPC Athletics Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available, that the athlete is throwing within the spirit of the rules.