



# Para and Unified Track & Field Provincials 2018

## History

Since 2015, Para events have been included at the ASAA Track & Field Provincial Championships and a Special Olympics Unified Sports Relay was added in 2016. Para events began to transition from demonstration events to scoring events in the 2016 Provincial Track and Field Championships.

## Para Athletics

Para Athletics is a **competitive** opportunity for people with a physical and/or intellectual disability. Para Athletics includes both standing and seated events for participants with physical disabilities. All ASAA Provincial Championships that include Para events follow rules set by Athletics Canada.

More information on Para Athletics can be found on the [Athletics Canada website](#).

## Special Olympics Unified Sports

The mission of Special Olympics is to enrich the lives of people with intellectual disabilities through sport. Unified Sports is a branch of Special Olympics where people with and without intellectual disabilities train and compete on the same team, promoting inclusion, friendship, community.

More information on Unified Sports can be found on the [ASAA website](#), [PlayUnified.org](#), and the [Special Olympics Alberta website](#).

Below are some of the most frequently asked questions about Para Athletics and the Unified Relay that we receive in the ASAA office.

## FAQs:

1. Who can be a Para Athlete in Track and Field?
2. Who is a Special Olympics Unified Athlete? Partner?
3. What is a Unified Relay? Who can be on a Unified Relay team?
4. How does a Para or Unified athlete qualify for Provincials?
5. How do I register a Para or Unified athlete?
6. What events can Para and Unified athletes compete in at Provincials?
7. Can other Para events be added to Provincials?
8. How does the scoring work?
9. Do my ambulatory athletes have to use the starting blocks?
10. Can I run with my athlete who has an intellectual disability?
11. What weight of shot put do Para athletes throw?
12. How will Para and Unified athletes be grouped for events?
13. How are Para and Unified medals awarded at ASAA Provincials?
14. What if an athlete in a wheelchair does not have the right type of chair to use on the track?
15. I'm not sure how to coach Para or Special Olympics athletes, who can I talk to?

## 1. Who can be a Para Athlete in Track & Field?

Students with various physical and/or intellectual disabilities may qualify for the Paralympic Track & Field events. The major classification groups can be found in the attached flyer and more information can be found in the chart following the flyer. Note that the purpose of this chart is to provide you with a broader image of who can participate in para. This chart will be updated as per Athletics Canada guidelines for the 2018/19 school year.

*Please note that coaches are not expected to identify a specific classification for their athlete beyond the categories listed below.* Athlete classification usually takes place at Development Camps and is done by people who are trained to do so. For the purpose of ASAA Track & Field Provincial Championships, students will be registered in one the following four categories of classifications:

- Athletes who compete in a wheelchair
- Athletes with intellectual disabilities
- Athletes with visual impairments
- Ambulatory athletes (athletes who compete standing up)\*

\*Ambulatory athletes may include athletes with amputees/limb deficiencies, loss or limited use of upper or lower limbs, athletes with athetosis, ataxia, and/or hypertonia, cerebral palsy, acquired brain injuries, neuromuscular disorders, and other conditions that present similarly. For this category only, coaches will be asked to provide a classification range e.g. coach will specify that the athlete is in the “amputee/limb deficiency class T/F 42-47”, but selecting the specific class (T/F 42, 43, 44, 45, 46, or 47) is not required.

## 2. Who is a Special Olympics Unified Athlete? Partner?

A Special Olympics Unified Sports team is made up of athletes and partners. Athletes are students with intellectual disabilities, partners are students without intellectual disabilities. Students with physical disabilities will be classified as either an athlete or a partner depending on whether or not they also have an intellectual disability.

## 3. What is a Unified Relay? Who can be on a Unified Relay team?

The ASAA Track & Field Provincial Championships includes a 4x100m Unified Relay. Each relay team must consist of exactly two athletes and two partners. There are no gender ratios required for the Unified Relay teams. Teams may also include a mixture of age groups.

## 4. How does a Para or Unified athlete qualify for Provincials?

For the 2017/18 school year, there are no qualification criteria for ASAA Provincial Championships. However, Para athletes must meet ASAA Eligibility Criteria (page 38-46 in the ASAA Policy Handbook) in order to score points. Unified Athletes do not score points.

## 5. How do I register a Para athlete or Unified team?

All Para athletes and Unified teams must be registered through your Zone with any other competitors from your school.

## 6. What events can Para and Unified athletes compete in at Provincials?

Paralympic Events (**scoring events**):

- Shot put
- 100m

- 200m

#### Unified Relay (**non scoring event**):

4x100m

All Paralympic and Unified events take place at the same time as their counterparts. To see past schedules, please visit the [Track & Field Championship Websites](#).

## 7. Can other Para events be added to Provincials?

To add a Para event, a Notice of Motion must be proposed to the Board of Governors. Additional Para events will not be added as one-off events for individual students; the event must be open for all Para competitors. For more information on adding activities, see page 63 of the ASAA Policy Handbook.

## 8. How does the scoring work?

Scoring for Para Athletics is subject to the following scale, dependent on the number of competitors in each event and at each classification:

### Events with 5 or less competitors:

Placement	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
Points	8	6	4	3	2

### Events with 6-10 competitors:

Placement	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
Points	16	14	12	10	8	6	4	3	2	1

### Events with 10 or more competitors:

Placement	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>
Points	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

**The Unified Relay is a non-scoring event.**

## 9. Do my ambulatory athletes have to use starting blocks?

No, your athlete may choose whether or not to use the starting blocks. There is no penalty for choosing not to use the starting blocks.

## 10. Can I run with my athlete who has an intellectual disability?

No, the ASAA adheres to Athletics Canada rules stating that only athletes who are visually impaired may have a guide runner. A coach or coaches may be beside the track, but may not be on the track nor run “off the track” but alongside the athlete, as this would offer an athlete an unfair advantage against other contestants.

## 11. What weight of shotput do Para athletes throw?

Athletics Canada requires different shotput weights for the different classifications and age groups of Para athletes. For simplicity purposes at ASAA events, female Para athletes use a 3kg shot put; male Para athletes use a 4kg shot put (see page 127 of the ASAA Policy Handbook).

Athletes may choose to throw a heavier shotput weight to match what is indicated by Athletics Canada for their classification and age group, but may not throw a lighter shotput weight than what is listed in ASAA policy at ASAA events.

## 12. How will Para and Unified athletes be grouped for events?

There are no qualifying heats for the Unified Relay; all teams will race in the final. If there are enough teams to run two finals, teams will be divided based on fastest reported time when registering.

Para athletes will be grouped by classification and gender. Athletes will not be grouped by age (junior, intermediate, and senior) until the ASAA deems there is an appropriate number of contestants to do so. For example, a grade 10 male in the seated shotput event will compete against grade 11 and grade 12 males in the same classification, etc.

## 13. How are Para and Unified medals awarded at ASAA Provincials?

At this time, all Unified and Para events are considered “open events”. This means, for example that only one set of medals will be awarded in the male category for an event even if there are athletes from more than one age category competing. As noted in #12, once it is determined that there are sufficient athletes competing in each category, consideration will be given to separating the athletes into age categories for both medals and points scoring.

## 14. What if an athlete in a wheelchair does not have the right type of chair to use on the track?

The ASAA successfully received grant funding from the Canadian Tire Jumpstart Initiative and the Grassroutes Sport Innovation Challenge to purchase racing chairs, gloves, indoor rollers, and throwing frames. This equipment is available to borrow to train in on a first-come-first-serve basis, and will be shared at Provincial Championships. Please contact Shanna in the ASAA office for more information on borrowing equipment.

## 15. I'm not sure how to coach Para or Special Olympics athletes, who can I talk to?

Part of the grant funding for this year includes covering costs for high school coaches to attend clinics and courses to help them better understand coaching Para athletes. Applicable costs include mileage, hotel room, and substitute teacher costs. These funds may also be used to connect you with a Para coach in a nearby town or city to assist with training your athlete. For more information, Please contact Shanna in the ASAA office.

### Contacts:

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# ASAA PROVINCIAL T&F CHAMPIONSHIPS 2018

FRIDAY, JUNE 1 - SATURDAY, JUNE 2, LINDSAY THURBER HIGH, RED DEER

## ATHLETES WHO COMPETE IN A WHEELCHAIR

T/F 51

T/F 52

T/F 53

T/F 54

F 55

F 56

F 57

LOWER NUMBER = HIGHER ACTIVITY LIMITATION

## ATHLETES WHO COMPETE STANDING UP

F 40

F 41

T/F 42

T/F 43

T/F 44

T/F 45

T/F 46

T 47

SHORT STATURE

LOSS OR LIMITED USE OF LOWER LIMB

LOSS OR LIMITED USE OF UPPER LIMB

## ATHLETES WITH ATHETOSIS, ATAXIA AND/OR HYPERTONIA

F 31

T/F 32

T/F 33

T/F 34

T/F 35

T/F 36

T/F 37

T/F 38

ATHLETES WHO COMPETE FROM A WHEELCHAIR

ATHLETES WHO COMPETE STANDING

## ATHLETES WITH A VISUAL IMPAIRMENT

T/F 11

NO VISION

T/F 12

VERY LIMITED VISION

T/F 13

LIMITED VISION

## PARA EVENTS OFFERED AT CHAMPIONSHIPS

### Scored Event

Race	Divisions	Classification – (Chart #1)
100m	Wheelchair	T/F 34, 51-54
100m	Ambulatory	T/F 11-13, 35 – 38 & 40 – 47
100m	Intellectually Impaired	T/F 20

### Scored Event

Race	Divisions	Classification – (Chart #1)
200m	Wheelchair	T/F 34, 51-54
200m	Ambulatory	T/F 11-13, 35 – 38 & 40 – 47
200m	Intellectually Impaired	T/F 20

### Scored Event

Race	Divisions	Classification – (Chart #1)
Shot Put	Seated/Wheelchair	F 34, 51-54
Shot Put	Ambulatory	T/F 11-13, T/F 35 – 38 & 40 – 47
Shot Put	Intellectually Impaired	T/F 20



For more information, please contact:  
**Adam Janssen - [ajanssen@athletics.ca](mailto:ajanssen@athletics.ca)**  
**[www.athletics.ca](http://www.athletics.ca)**

\* Athletes with an intellectual impairment may compete in select track and field events within the framework of the sport as a T/F20



## Para-Athletics Classification Chart – Classification 101

### Visual Impairment - T/F 11-13

Class	Equivalent Injury	Notes
<b>T/F11</b>	No vision	Competes with guide
<b>T/F12</b>	Limited vision	Can choose to compete guided or unguided
<b>T/F13</b>	More sighted than T12 athletes	Must compete unguided

### Athetosis, Ataxia, and Hypertonia – Cerebral Palsy, Acquired Brain Injuries, Neuromuscular Disorders, and conditions that present similarly - T/F 31-38

Class	Equivalent Injury	Notes
<b>F 31</b>	-Spastic Quadriplegic: +/- athetosis	more efficient with feet than arms
<b>T/F 32</b>	Spastic Quadriplegic: +/- athetosis -shows more function in less affected side	
<b>T/F 33</b>	-Triplegic -Severe hemiplegic -Asymmetric Quadriplegia	poor rapid trunk movement affect in hand function
<b>T/F 34</b>	Moderate to severe diplegic	affect in legs, with normal function and strength in upper extremities.
<b>T/F 35</b>	- Diplegic: Mostly lower limbs	run on their toes
<b>T/F 36</b>	-Ataxic or Athetoid (3-4 limbs involved) - Difficulty holding a set position, causing false starts.	explosive movements are difficult
<b>T/F 37</b>	-Ambulant hemiplegic	limp more visible when walking
<b>T/F 38</b>	-Monoplegic -1 arm or 1 leg affected	meets minimum disability criteria

*\*Note that classes 31-34 compete from a racing chair for track events, or seated position for throwing events. 35-38 classes compete from a standing position.*

## Short Stature Classes - F40, F41

*Note, there are only throwing classes for these two classes*

Class	Equivalent Injury	Notes
<b>F40</b>	Short short stature	<p>Male: Height &lt;130cm AND Arm Length &lt;59cm AND sum of height + longest arm &lt;180cm.</p> <p>Female: Height &lt;125cm AND Arm length &lt;57cm AND sum of height + longest arm &lt;173cm</p>
<b>F41</b>	Tall short stature	<p>Male: Height &lt;145cm AND Arm Length &lt;66cm AND sum of height + longest arm &lt;=200cm</p> <p>Female: Height &lt;137cm AND Arm Length &lt;63cm AND sum of height + longest arm &lt;=190cm</p>

## Amputee/Limb Deficiency Classes - T/F42-46, T47

Class	Equivalent Injury	Notes
<b>T/F42</b>	-Single or double above knee amputations	runs with running blades
<b>T/F43</b>	- Double below knee amputation	runs with running blades
<b>T/F44</b>	- Single below knee amputation	runs with running blades
<b>T/F45</b>	<p>-Double below elbow amputation or limb deficiencies</p> <p>- Double above elbow amputation or limb deficiencies</p>	
<b>T/F46</b>	-Single above elbow amputation or limb deficiency	other conditions that present similarly, such as Erb's Palsy
<b>T47</b>	-Single below elbow amputation or limb deficiency	

## Spinal Cord Injury/Spinabifida/Similar Conditions - T51-54

Class	Equivalent Injury	Notes
<b>T51</b>	- C5-6 level injury	Quadriplegic use a foot plate – knees support chest
<b>T52</b>	- C7-8 level injury	Quadriplegic use a foot plate knees support chest
<b>T53</b>	- T1-T7 level injury	Paraplegic limited trunk function
<b>T54</b>	- T8-S4	Paraplegic range of trunk function

*\*NOTE: Athletes with a leg amputation may compete in wheelchair racing as a T54.*

## Spinal Cord Injury/Spinabifida/Similar Conditions - F51-57

Class	Equivalent Injury	Notes
<b>F51</b>	C5-6	club held between fingers discus with hand facing upwards
<b>F52</b>	C7	limited grip
<b>F53</b>	C8	usually good grip limited trunk control
<b>F54</b>	T1-T7	no hip flexor
<b>F55</b>	T8-L1	flicker of hip flexor
<b>F56</b>	L2-L4	can activate hip flexor to throw
<b>F57</b>	L5 – Minimum Disability requirement	side to side movement using hip abductor

*Note: Classifications differ between track and field events, and an athlete will need to be classified in both. The letters and numbers loosely correspond to the level of the spine where the injury occurred. Additional factors that need to be considered are if the injury is complete, or incomplete, and if the spinal cord is fused or has any additional hardware (rods) that would impede function.*