



# Para and Unified Track & Field Provincials 2023

## Contacts:

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## History

Since 2015, Para events have been included in the ASAA Track & Field Provincial Championships, additionally 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 and 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 at the ASAA office. **Information that has been updated since the 2019 event has been highlighted in yellow.**

## FAQs:

1. Who can be a Para Athlete in Track and Field?
2. Who is a Special Olympics Unified Athlete? Partner?
3. What is the Unified Banner event? Where can I find more information about this event?
4. How does a Para or Unified athlete qualify for Provincials?
5. How do I register a Para or Unified athlete?
6. What events do 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?

## 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.

*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 grouped in one the following four categories of classifications:

- Athletes who compete in a wheelchair
- Athletes with intellectual disabilities
- Athletes with visual impairments
- Other 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. Athletes in the T/F 42-47 range will then only compete against other athletes in that same range.

## 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 the Unified Banner event? Where can I find more information about this event?

The Unified Banner event is an event that will be trialled at the 2019 and 2020 ASAA Track & Field Provincial Championships. **This event will replace the 4x100m Unified Relay** that was held in previous years. For more information on this event, please see the [Unified Track & Field section of the ASAA website](#).

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

All athletes must meet ASAA Eligibility Criteria (page 39-48 in the ASAA Policy Handbook). Each Zone can send the following number of Unified and Para competitors:

- Unified Banner Teams: max three teams per zone
- T20 Para Athletes: max four athletes per gender per event

- All Other Para Athletes: no maximum number that can be sent per zone, however if there are more than two athletes from the same school in the same classification and in the same event, only the top two will score points.

If a zone is unable to fill their berths for the Unified Banner teams or T20 para athletes, another zone may send extra teams/athletes (with permission from the ASAA office). The extra teams/athletes will be marked as exhibition competitors and will not be eligible to win medals and/or the Unified banner.

## 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 do Para and Unified athletes compete in at Provincials?

**Paralympic Events (scoring events):**

- Shot put
- 100m
- 200m

**Unified Banner Events (scores from this event will not be added to school totals):**

- Long jump
- Turbo javelin
- 400m

The event schedule will be posted online prior to the championship. Unified Banner events will take place exclusively on the Saturday of the championship weekend.

## 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 67 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                |

**Scores from the Unified Banner events will only be used to calculate the winner of the Unified Banner; these scores will not be added to the school totals.**

### 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 may not be on the track, but **may run "off the track" but alongside** the athlete as long as they are not interfering with the race, officials, or any other event, 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 144 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?

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?

Medals will be awarded for each event and classification, but not per age category. This means, for example, 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, but requires a deposit and consent form signed by the athlete's guardian and the school the athlete is representing. This equipment will be shared at Provincial Championships.

Please contact Emily in the ASAA office for more information on borrowing equipment. Due to transportation issues, we will only bring chairs in the sizes that we know are needed for Provincials; please be sure to notify Emily ahead of time that a chair is needed otherwise a chair may not be provided in the correct size.

# ASAA PROVINCIAL T&F CHAMPIONSHIPS 2020

FRIDAY, JUNE 5 TO SATURDAY, JUNE 6- MEDICINE HAT

## 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:

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\* 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<br>-shows more function in less affected side                      |   |
| <b>T/F 33</b> | -Triplegic<br>-Severe hemiplegic<br>-Asymmetric Quadriplegia   | poor rapid trunk movement<br>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)<br>- 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<br>-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 | Male: Height <130cm AND Arm Length <59cm AND sum of height + longest arm <180cm. |

|            |                    |  |
|------------|--------------------|--|
|            |                    | Female: Height <125cm AND Arm length <57cm AND sum of height + longest arm <173cm  |
| <b>F41</b> | Tall short stature | Male: Height <145cm AND Arm Length <66cm AND sum of height + longest arm <=200cm<br><br>Female: Height <137cm AND Arm Length <63cm AND sum of height + longest arm <=190cm |

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

| <b>Class</b> | <b>Equivalent Injury</b>  | <b>Notes</b>   |
|--------------|---|--|
| <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> | -Double below elbow amputation or limb deficiencies<br>- Double above elbow amputation or limb deficiencies |  |
| <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

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

| <b>Class</b> | <b>Equivalent Injury</b> | <b>Notes</b>   |
|--------------|--------------------------|--|
| <b>F51</b>   | C5-6                     | club held between fingers<br>discus with hand facing upwards |



|            |                                     |   |
|------------|-------------------------------------|---|
| <b>F52</b> | C7                                  | limited grip                                |
| <b>F53</b> | C8                                  | usually good grip<br>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<br>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.*