



Wheelchair Track & Field

FHSAA adds adapted track & field division to current track and field structure.

GAINESVILLE - The FHSAA is very excited about the adapted track and field division which will be added to this year's track season. The two new races for this year are the 200 meter dash and the 800 meter dash, and the field event is the shot put.

As we all know, high school athletics are an extension of the classroom, and these inclusive athletic events will be a first in our state. Under the direction of Shanell Young, a Director of Athletics at the FHSAA, with the support of Dr. Roger Dearing, our executive director, we are looking forward to these events.

Ms. Young has been working with Ms. Beverly Vaughn, the Executive Director and CEO of American Association of Adapted Sports Programs in the state of Georgia, as they prepare for this upcoming season. FHSAA is ready for this new adventure which is certainly a great addition to our track and field events.

Dr. Peggy Jones
Assistant E Executive Director of Athletic Services

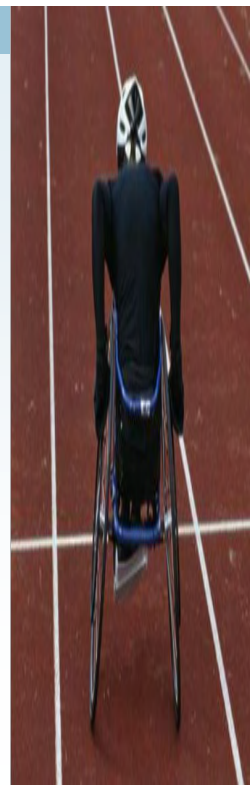


FHSAA Adaptive Track and Field Division.

General Overview.

Each of the current four classes (1A, 2A, 3A, and 4A) will be divided into the following classifications; Boys Division, Boys Adapted Division, Girls Division, and Girls Adapted Division.

- Each division will score points for its class, gender and division only.
- No scores from separate divisions will be combined.
- An athlete cannot compete in multiple divisions.
- Adapted participants shall compete against each other only.



Inside this issue

Eligibility	2
Events	2
Qualifying, scoring, awards	2
200m and 800m	3
Shot Put	4
Result Submission	4
FHSAA Rule Changes	5
NFHS Rule Changes	6

Special points of interest

- Review new event regulations and rules
- Check out the wheelchair loaner program pg. 4
- See all wheelchair eligibility requirements
- NFHS rules changes and updates!



FHSAA Adapted Track & Field Division Eligibility.

All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.

Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.

Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).

The athletes must compete in their school's team uniform.

Students must compete in a minimum of four (4) meets to qualify for the State Finals.

Each school must complete and submit a FHSAA

Adapted Track and Field Athlete Declaration form (TR6)

Must be filed by 5 p.m. Monday, Apr. 5, 2010 for Class 1A and 2A schools and by 5 p.m. Monday, Apr. 12, 2010 for Class 3A and 4A schools.

All student-athletes listed must have had previously reported results to the FHSAA Office.

Must be signed by the principal, FHSAA representative and head coach.

A school whose FHSAA Adapted Track and Field Athlete Declaration form (TR6) is not received by the stated deadline may be permitted to participate only with the approval of the FHSAA Office; however, that school shall be assessed a minimum financial penalty of \$250. This penalty will increase if it is later determined that a student-athlete (s) representing the school was ineligible to do so.

The FHSAA releases it's new Adaptive Track and Field Website: www/fhsaa.org/trw

FHSAA Finals Qualifying.

The top 16 times/distances submitted prior to State Finals in each event by classification and gender will advance to compete at the FHSAA State Finals.

FHSAA Adapted Track and Field Division Events

- Each student will have the opportunity to compete in the following events by gender: Wheelchair 200 meter race, Wheelchair 800 meter race, and Wheelchair Shot put.
- Wheelchair shot put will be divided into two (2) classifications for both boys and girls based on type of disability.
- Class 1 will be for athletes with any disability of the lower extremities.
- Class 2 will be for athletes with disability that affect lower and upper extremities.
- A meet's order of events shall be determined by meet management.
- All adapted track and field participants shall be required to compete on the same day of the meet as their classification.



Scoring.

- An adapted track athlete will compete for adapted division individual and adapted division team honors in the school classification and gender in which his/her school competes.
- Points will be awarded per NFHS rule 2-1.

Awards.

- Places will be awarded from 1-8 (or less depending on participation levels.)

Event Rules – Wheelchair 200m & 800m Races

The event shall follow all state high school association rules with the following

FHSAA/AAASP 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.
- **Wheeling in Lane:** In the 200m competitors must stay in their designated lane. Touching or crossing the lane line for more than 10 consecutive feet is a disqualification. Crossing a lane line for any distance and impeding another competitor is a disqualification.
- **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.



Visit www.fhsaa.org/trw for more information on the wheelchair Loaner Program!



****Wheelchair Loaner Program****

The FHSAA is excited to announce the Challenged Athletes Foundation Wheelchair Loaner Program! By partnering with the Florida chapter of the Challenged Athletes Foundation (CAF) we have made participation smoother! So coaches—please encourage students at your schools to join your team and be a part of the competition! The **“loaner program”** will have both racing and throwing chairs for eligible athletes. Requests and selections for loaner chairs will be processed by the CAF. For more information on the program, please contact Joy Austin with the Challenged Athletes Foundation at joy@challengedathletes.org or 727.942.2591 x 216.

****Result Submission****

All regular season results (times and distances) should be submitted to:

adaptedtrackresults@fhsaa.org.

Results must be submitted within 48hrs of the conclusion of the meet. Results are subject to verification by the meet referee.

All results will be posted and made public on FHSAA Adapted Sports Results website.

Event Rules – Wheelchair Shot Put

The event shall follow all state high school associations rules with the following FHSAA/AAASP modifications:

- All 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.



Two (2) classifications for boys and girls.

The classifications will be Class 1 and Class 2.

Class 1: will be for athletes with any disability of the lower extremities (such as spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries), for example: severe, permanent injuries in the knee, ankle, and hips.

Class 2: will be for athletes with disability that affect lower and upper extremities (such as cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury.)

Class 2: athletes are eligible to compete in Class 1. However, if they choose to compete in Class 1, they cannot compete in Class 2.

Shot Put Weights:

Boy’s class 1 will use an 8.81 lb./4.0 kg. shot.

Boy’s class 2 will use a 6 lb. shot.

Girl’s class 1 and 2 will put a 6 lb. shot.



FHSAA Rule Change!

Field Event Regulations

Preliminaries consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw and Shot Put.

Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to flights as follows:

Seeds 9 through 16 will be assigned to the first flight and seeds 1 through 8 will be assigned to the second flight. The No. 16 seed will jump or throw first, followed by the No. 15 seed and continuing in numerical order through the No. 1 seed.

FHSAA Policies



Out of State Travel

A school must not take more than one (1) trip per school year in the sport beyond the neighboring states of Alabama, Georgia and Mississippi.

Contests

No more than one school day or part of one school day may be missed in a week for traveling to, traveling from and participating in an athletic contest (s).

NFHS 4-2-1,2

No student may enter or participate in more than four (4) events in any one meet, only three (3) of which may be running events.

2009-10 Region Hosts

Class	Reg.	Host School	Location	Date
4A	1	Winter Park High School	Showalter Field	4/28/2010
4A	2	TBA	TBA	TBA
4A	3	Miramar High School	Ansin Sport Complex	4/29/2010
4A	4	TBA	TBA	TBA
3A	1	Lawton Chiles	Campus	4/29/2010
3A	2	TBA	TBA	TBA
3A	3	Charlotte High School	Campus	TBA
3A	4	W. T. Dwyer High School	Campus	4/28/2010
2A	1	The Bolles School	Campus	4/23/2010
2A	2	Lake Highland Prep	Campus	4/22/2010
2A	3	Golden Gate High School	Campus	4/21/2010
2A	4	Ransom Everglades	Hill Family Track	4/21/2010
1A	1	The Bolles School	Campus	4/23/2010
1A	2	The First Academy	Payne Stewart	4/22/2010
1A	3	TBA	TBA	TBA
1A	4	Dade Christian	Campus	4/22/2010

Sanctioning

Meets over Four (4) teams or which is held to determine the champion of a city, county, conference or league, must be approved by the FHSAA Office.

A complete financial report, with appropriate revenue shares, must be completed so that it is received in the FHSAA Office and by other participating schools, if applicable, within 30 days of the conclusion of the event.

Revenue Shares:

Invitational's: 8% FHSAA

Late Fees:

FHSAA AT3: 30 Days OR \$50 Late Fee

NFHS: 90 Days & \$200 Administrative Fee.

Available only online:

www.NFHS.org

NFHS Rule Changes and Updates

2008-09 State Champs

Class 4A boys
Flagler Palm Coast

Class 4A girls
Miami Northwestern

Class 3A boys
St. Thomas Aquinas

Class 3A girls
Miami Jackson

Class 2A boys
Monsignor Pace

Class 2A girls
Raines (Jacksonville)

Class 1A boys
Mount Dora Bible

Class 1A girls
P.K. Yonge

Important Officials Dates:

Registration Deadline:

Jan. 4, 2010

Rules Presentation:

Feb. 15-22, 2010

Closed Book online Exam:

Feb. 19 - Mar. 2

Open Book Online Exam:

Mar. 4-9

Online Make-up Exam:

Mar. 19-23

FHSAA

1801 NW 80th Blvd.

Gainesville, FL 32606

(325) 372-9551

1. Visible undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are illegal



2. Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet

3. All varsity heats in the same event shall use the same starting procedure. Three configurations are:

Lanes – each competitor starts in his/her own lane

Alleys – two or more competitors start in a grouping of more than one lane and less than all lanes on track

Waterfall – all competitors begin on a common curved line across all lanes on track

4. It is an infraction if a competitor: Knocks down any hurdle by hand

Official no longer has to determine if the hurdle was knocked down deliberately by hurdler's foot

5. A bungee cord/elastic crossbar manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee

6. A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight, or any other equipment which is not legal during warm-ups or competition

7. Effective January 1, 2013, the high jump and pole vault crossbars shall be circular Square with beveled edges or triangular crossbars shall no longer be legal for competition

8. It is no longer a foul if a vaulter clears the crossbar in an otherwise legal attempt if the standards are incorrectly set by officials

9. A 34.92-degree sector shall be marked on the ground

Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area into which legal puts shall be made

The inside edges of these lines shall mark the sector and the lines shall be placed equidistance from the ends of the stopboard

10. It is an unfair act when a competitor receives any assistance from any other person Assistance includes: Communicating with a competitor through the use of any device.

11. Anemometer (wind instrument or gauge) required for: races up to and including 200 meters, the long jump and the triple jumps.
The location of anemometer: 4 feet above ground

–Within 2 meters of track/runway

–50 meters from finish line

–20 meters from horizontal jumps foul line

–Faces start of event

