

2026 Adaptive Track & Field: High School

Indoor & Outdoor

MHSAA – Only Compete in 100, 200, 400 & Shot Put at Outdoor Regionals and State Finals.

*All other events, adaptive athletes can compete in throughout the season
at local meet managements discretion.*

Field Events

Throws – Shot Put & Discus

Seated Throws

With a Throwing Frame -

- **When placing the frame into the shot circle, no part of the frame can extend over the toe board or rim of the circle.** (Anchor Straps or braces to secure the throwing frame are not part of this)
- **Frame must be 75cm or lower in height including the cushion.**
- **The frame MUST be tied down, at 4 points.**** (This is to ensure the thrower has a safe and secure platform to transfer into and to throw from.)
- **YOU CANNOT HAVE A COACH HOLD IT!** (Sorry for the all-caps but that is a huge safety issue)
- **The athlete must use straps to secure themselves on to the frame.**
- **The athlete cannot touch the top of the toe board or outside of the rim while throwing.**
- **The athlete's foot can extend over the toe board or rim but must not touch out.**
- **The lap belt is to ensure that the athlete doesn't lift off the seat of the frame.**
- **Lining up the frame can be any way the athlete would like it to face. Straight forward, sideways or an angle.**
- **The athlete can have assistance transferring to & from the frame. But not the event officials. Safety First!**
- **The athlete can strap their leg/legs into place on the frame.**
- **The athlete can strap their hand to the Hold Bar if they are unable to hold on due to disability.**

• **Implements**

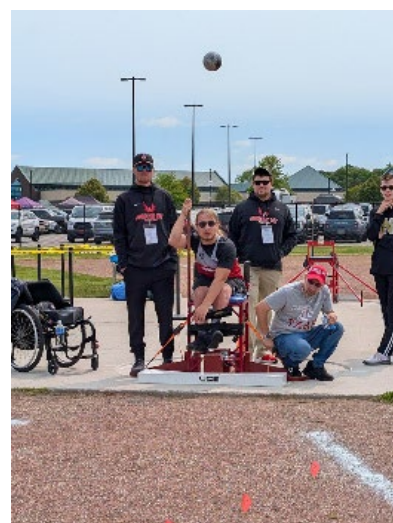
Shot Put – Seated

- **B - 4k – 8.818 lbs**
- **G - 3k – 6.613 lbs**

Discus – Seated

- B – 1k**
- G – 750g**

****** The above photo of the throwing frame uses no straps or stakes to secure it as it uses adjustable legs. If you do not have this type of throwing frame/chair, the cement bases for parking lot signs would work and could be prepositioned near the nets for easy hook up with straps. Both Indoor and Outdoor.



1. Throwing Frame Specifications:

- (a) The maximum height of the seat surface, including any cushioning, shall not exceed **75 cm**;
- (b) Each throwing frame must have a seat which is square or rectangular in shape and each side at least **30 cm** in length. The seat surface must be level or with the front higher than the back (i.e. inclined backwards).

Note: The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area.

- (c) The throwing frame may incorporate side, front and back rests for the purposes of safety and stability. They can either be made of non-elastic fabric (e.g., non-elastic canvas) or be a rigid construction that does not move (e.g., rigid steel or aluminum). The backrest may incorporate cushioning that must not exceed 5 cm in thickness.

Note: The structure of the throwing frame shall not impede the view of judges.

- (d) The side, front and back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;
- (e) The throwing frame may have a rigid vertical bar. The vertical bar must be a single, straight piece of material without curves or bends, and with a cross-sectional profile that is circular or square, not oval or rectangular. It must not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;

Recording the throws

- The athlete has 4 minutes to transfer to the throwing frame and conduct their warm up throws prior to their official throws.
- The athlete will make 3 throws; 1 minute for from when the shot is given to the athlete.
- Each throw is marked with a wire survey type flag that is numbered 1 to 6 for each throw. (Indoors – Depending on the surface, a tack, push-pin, or flag) (A Total Station Laser will negate this as each throw can be measured without the athlete needing to clear the circle).
- After the first 3 throws, the athlete will get a 1 min break but needs to remain in the throwing frame. They can undo the lap strap during this break.
- After the 6th throw, the frame is removed and the throws are measured, in order and recorded. (removing the frame is optional if other athletes will be using the same frame)
- Do not measure each throw with the athlete still in the frame.



Fouls

- Lifting off of the seat, one or both sides.
- Sector, rim & toe board
- If using a hold bar, the hold bar should not bend during the throw more than the width of the bar.

Using a “Day Chair” or “regular wheelchair” for throwing - This is permitted

- The chair will need to be secured like the frame with tie downs.
- The athlete will need to be strapped into the seat to avoid lifting. (It will be a challenge to see if a lift happens).
- No part of the chair can extend over the toe board or rim; this includes the foot rest on the chair.
- The athlete's foot can extend over but must not touch out.

Ambulatory Athletes

- Enter the circle from any direction and exit the circle from the back half.
- Implements can be handed to the athlete.
- Don't rush them, they have the same 1 minutes to complete a throw from when you hand them the implement.
- Fouls are the same as Able Body Athletes -
 - Touching the top of the toe board
 - Touching outside of the ring
 - The athlete must exit the ring after each attempt. They do not have to completely leave the circle if mobility is an issue, just touching the back part of the rim with a foot or cane is permitted as you are using marker flags for each of their 6 throws.

• Implements for Ambulatory Athletes

Shot Put

- B - 12lb – 5.896k
- G - 4k – 8.818 lbs.

Discus

- B – 1.6k
- G – 1k

Ambulatory Athletes - Short Stature / Dwarf

Follow the above for ambulatory, short stature athletes.

Shot Put

- B - 4k – 8.818 lbs.
- G - 3k – 6.613 lbs.

Discus

- B – 1k – Diameter is 180cm
- G – 750g – Diameter is 155cm (this is smaller diameter than a standard 750g discus by 1cm (166cm)).

Other field events - This would be for Ambulatory Athletes

Long Jump – Follow the same rules from the NHSF Rule Book - No rules or venue needs to be changed except for Visual Impaired.

- If a blade runner is doing the LJ, the only issue that could happen is their prosthetic leg could fall off. Should that happen:
 - you measure from what as closest to the board, the athletes landing point or the prosthetic.
 - if the prosthetic comes off and lands outside the pit the trial is a foul.
 - if the prosthetic is lost on the run up the attempt clock does not stop.
- Visual Impaired
 - If you have a visual impaired LJ athlete, you will need to do the following
 - 1m from behind the toe board is covered with talcum powder or sand.
 - The athlete will have a guide who will help position the athlete.
 - The guide will then stand next to the runway or at the end of the pit and will verbally assist the athlete with sound.
 - When the athlete is ready to jump, you will need to have everyone in the area to be quite so the athlete will be able to hear the guide.
 - Distance is measured from the last step before the end of the toe board (in the powder) to the landing point.

High Jump - No rules or venue needs to be changed.

If they are game for jumping, go for it!

- New 3/10/24 rule) the prosthetic MUST BE WORN (it is no longer an option)
- High jump - if the athlete loses the prosthetic on the approach the clock does not stop

Running/Rolling

- For both Chair and Ambulatory athletes.
- Assign them to a lane and give them an empty lane between the next runner.
- You can mix seated & ambulatory athletes in the same heat.*
- Indoors & Outdoors, 60m, 100, 200m, the athlete will remain in their lane.
- Outdoors - 200 / 400 are from a staggered start, 1 lane for each athlete (except visual impaired).
- Indoors - 200 / 400 are from a staggered start, use **2 lanes** for each athlete including visual impaired.
- Indoors – 400m – **200m & 300m Tracks** - Athletes will remain in their lane until the breakline.
- Indoors and Outdoors, For Racing Chairs - Races over 400m, must use the 400m start and stay in that lane until the breakline. **(No Waterfall Starts for Chairs)**
- Lane Violations for Racing Chairs – Inside lane line, if the athlete pushes more than 3 times with a tire inside of the line, it is a lane violation. Outside lane line, if an athlete crosses the line and doesn't interfere with the athlete in that lane, it is not a violation as no advantage was gained. If they do interfere, they would be DQ.

Starting

Blade runner –

- **Same rules as an able body runner for the start & finish procedure.** (Note, double amputees cannot stand in one place and balance, so they may be moving side to side at the start, so try not to hold them long.)



Racing Chair -

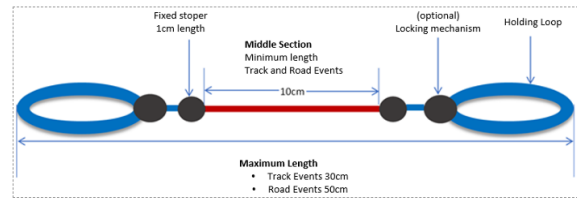
- **Helmets are required**
- Front wheel, the axle is the key here but the front tire cannot touch the starting line.
- Finishing, clocked on the front axle.
- No part of the chair can extend past the rear wheels.
- Nothing can make contact with the ground other than the 3 wheels.
- The chair athlete will need separate time and space on the track to warm up so the athlete can set their “compensator” for the angle of the turn in their lane prior the race.
- Best practice, in out of lane races, mixing Ambulatory and wheelchairs (800, 1600, 3200) start the wheelchairs on the outside (after the gun the ambulatory athletes will clear and the chairs can come in safely)
- If you need to stop the starting procedure, Do **NOT** say “Stand Up!” Say “Roll Back1”



Visual Impaired Runners

- Visual impaired runners **can** run with able body athletes in the same heat.
- 2 lanes are used for a visual impaired runner and guide.
- **Guide Runner –**
 - Must have a bright colored vest with GUIDE printed on both front and back.
 - The use of a tether is required.
 - Can have up to 2 guide runners in the 3200. Guide runner hand-off takes place on the back straight away after 4 laps.
- **Finishing**
 - The guide runner –
 - Must finish behind the runner. **Runner would be DQ.**
 - Cannot push or throw the runner ahead to finish. **Runner would be DQ.**

- The tether cannot be released at any point in the race. **Runner would be DQ.** (Except to switch guide runners in races over 3000m)
- Tether -
 - 30cm max length.
 - Has handles on each end.
 - Cannot be stretched.
 - Source to purchase tether -
 - <https://handilifesport.com/product/running-tether/>
 - Google “visual impaired running tether” and you will get several sources to purchase.



Racing Wheelchair Requirements

1. General Wheelchair Requirements:

- a) The wheelchair shall have two (2) large rear wheels and one (1) small front wheel.
- b) All wheelchairs must have a functional braking system for safety purposes.
- c) No mechanical gears or levers are allowed for the purpose of propelling the wheelchair.
- d) The use of mirrors is not permitted in wheelchair track or road races.
- e) In all races the athlete must be able to turn the front wheel(s) manually left and right from straight-ahead tracking for steering purposes. Only hand operated mechanical steering devices are allowed.
- f) The use of fairings or similar devices for the purpose of improving aerodynamic performance is not permitted.
- g) No element of the wheelchair or its attachments or accessories may incorporate energy storing capacity (e.g., elasticity) for the purpose of enhancing performance.
- h) Devices attached to the wheelchair or athlete shall comply with Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete.

Note: Unless approved by Referee, no devices with transmission function for the purpose of event presentation or broadcasting shall be permitted at WPA Recognized Competitions.

2. Frame Requirements:

- a) No part of the frame of the wheelchair, or any attachments to it, (nor any part of the athlete's lower body including legs, ankles, and feet) shall extend forward beyond the hub of the front wheel nor backwards beyond the rearmost vertical plane of the rear wheels (including tires). Additionally, the width of the frame, and any of its attachments, shall not be wider than the inclined plane of the pushing rims
- b) The maximum height from the ground to the bottom of the wheelchair frame shall be 50 cm.
- c) The frame structure must be made of a material which provides sufficient stability and stiffness for safety purposes.
- d) For the purpose of seat positioning, the athlete must ensure that their lower limb(s) are supported by a seat, a sling or foot tray.
- e) The use of Sideguards may be added to protect the athlete from the wheels are permitted.

3. Wheel and Push-rim Requirements:

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