

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 management's discretion.*

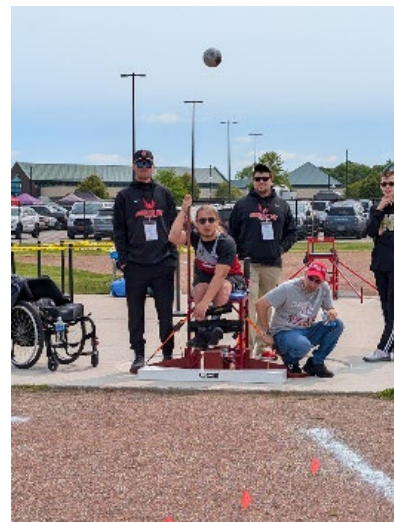
Field Events

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 onto 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 it.**
- **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 (based on ATFUSA – F90 Class)

Shot Put – Seated

B - 3k – 6.613 lbs

G – 2k – 4.409 lbs.

Discus – Seated

B – 750g **

G – 750g **

**** Diameter is 155cm (this is smaller diameter than a standard 750g discus by 11cm (166cm)).**



****** The photo of the throwing frame to the right 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 repositioned 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 that 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 consecutive throws, each within 1 minute from when the shot is given to the athlete by the official.
- 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 before the final 3 throws, 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 fouls, touching the rim or 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

This category of athletes are ambulatory.

- **Mobility Impaired** – Can walk with the aid of crutches, hiking sticks, etc.
- **Bladerunner's or amputees**
- **Blind Athletes**
 - Guide Runner*
- **Cognitive Impaired Athletes**
 - Guide Runner*

**Blind and Cognitive athletes do not have to use a Guide Runner but the rules are set to allow them should they chose or need to have one.*

Ambulatory athlete events are held the same as able-body athletes.

Rules for throws –

- 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 minute 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 (based on ATFUSA – F91 Class)

Shot Put

B - 2k – 4.409 lbs
G – 2k – 4.409 lbs.

Discus

B – 750g **
G – 750g **
**** Diameter is 155cm (this is smaller diameter than a standard 750g discus by 11cm (166cm)).**

Ambulatory Athletes - Short Stature / Dwarf

Follow the above for ambulatory, short stature athletes. (based on ATFUSA – F91 Class)

Shot Put

B - 2k – 4.409 lbs
G – 2k – 4.409 lbs.

Discus

B – 750g **
G – 750g **
**** Diameter is 155cm (this is smaller diameter than a standard 750g discus by 11cm (166cm)).**

Other field events - These would be for Ambulatory Athletes.

Long Jump – Follow the same rules from the NHSF Rule Book - No rules or venues need to be changed except for Visually Impaired athletes.

- If a blade runner (amputee) is doing the LJ, the only issue that could happen is their prosthetic leg could fall off. Should that happen:
 - you measure from what was closest to the board, the athlete's landing point or the prosthesis.
 - if the prosthesis comes off and lands outside the pit, the trial is a foul.
 - if the prosthesis is lost on the run up, the attempt clock does not stop if the athlete is reattaching the leg.
- Visually Impaired
 - If you have a visually impaired LJ athlete, you will need to do the following:
 - 1m on the runway in front of the takeoff 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 be quite so the athlete will be able to hear the guide.
 - Distance is measured from the last step before the end of the takeoff board (in the powder) to the landing point.

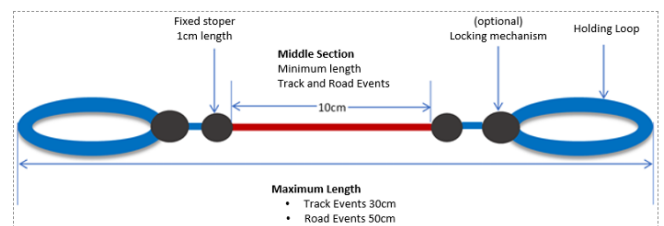
High Jump - No rules or venues need to be changed.

If they are game for jumping, go for it!

- New (3/10/24) rule for amputees, the prosthesis **MUST BE WORN** (it is no longer an option).
- High jump - if the athlete loses the prosthesis on the approach, the clock does not stop while it is replaced.

Visually Impaired Runners

- Visually impaired runners can run with able body athletes in the same heat.
- 2 lanes are used for a visually 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. **If not, the runner would be DQd.**
 - Cannot push or throw the runner ahead to finish. **Runner would be DQd.**
 - The tether cannot be released at any point in the race. **Runner would be DQd.** (Except to switch guide runners in races over 3000m)
 - Tether -
 - 30cm max length.
 - Has handles on each end.
 - Cannot be stretched.
 - If the tether breaks during competition the athlete is disqualified.
 - Sources to purchase tether -



Google “visually impaired running tether” and you will get several sources to purchase tethers.

Running/Rolling

- For both Chair and Ambulatory athletes.
- Assign them to a lane and give them an empty lane between them and the adjacent 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 visually impaired with guide).
- Indoors - 200 / 400 are from a staggered start, use **2 lanes** for each athlete including visually impaired.
- Indoors – 400m – on **200m & 300m Tracks** - Athletes will remain in their lane until the breakline.
- Indoors and Outdoors, For Racing Chairs - Races over 400m, stay in your lane till the breakline.
- Break Line –
 - a. There shall be 2 1.5m high flags on either side of the track marking the end of the in-lane portion of the race
 - b. For Ambulatory there shall be small cones between lanes
 - c. For Wheelchairs there shall be horizontal marks on the track (not small cones) of a notable different color marking the lanes.
- Lane Violations for Racing Chairs – Stepping on the inside lane line in a curve in an in-lane wheelchair or ambulatory event (100m, 200m, 400m, 800m <first turn>, or Relay):
 - a. An athlete WILL NOT be disqualified if they TOUCH THE INSIDE LINE OF A CURVE ONCE (not over the line). Note: “once” applies to all rounds of a race and/or to all athletes in a relay.
 - b. “Once on the line means”:
 - i. Wheelchair - 2 Pushes
 - ii. FrameRunner - 2 Steps
 - iii. Ambulatory - 1 Step
 - 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 DQd.

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 well; 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, timed on the front axle crossing the finish line.
- 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 non-lane races, mixing Ambulatory and wheelchairs (800, 1600, 3200), start the wheelchairs on the outside (after the gun the ambulatory athletes will clear quickly and the chairs can come in safely).
- If you need to stop the starting procedure, Do **NOT** say “**Stand Up!**” Say “Roll Back!” or “Sit Up!”



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 with anyone except 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 that 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 to protect the athlete from the wheels is 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.

FRAMERUNNER FRAME REQUIREMENTS

Race running is an athletic discipline where the athletes are running on their feet, while using a 3-wheeled running frame for support of their body.

- **Helmets are required and athletes are required to wear gloves.**

EQUIPMENT SPECIFICATIONS

- The frame has two rear wheels and one front wheel.
- Maximum length 200 cm, maximum width 95cm
- All wheels Max height size up to 72cm.
- Saddle may have other shapes than the traditional type of racing cycle saddles.
- The body support plate may be individually shaped to provide optimal stability.
- The body may be strapped to the plate with a belt or orthopedic brace.
- The handlebars should ensure that the athlete is able to race and maneuver safely.
- A compensator system controlling the front wheel is highly recommended.
- No mechanical gears or engine are allowed.

