

# **Little Athletics ACT**

## **Centre Level Competition Guidelines for Para Athletes**

### **HEARING IMPAIRED ATHLETES**

#### **Track**

1. Athletes are not allowed to wear hearing devices when they compete at State or National events. Instead a light system is used or a hand touch.
2. For centre competitions it is left to the discretion of the officials.

#### **Jumps and Throws**

1. Athletes are not allowed to wear hearing devices when they compete at State or National events but may wear their devices during instructions by officials.
2. For centre competitions it is left to the discretion of the officials.

### **VISUALLY IMPAIRED ATHLETES**

#### **Track**

1. Escort/guide runners may be used by visually impaired athletes.
2. Athletes should provide their own guides for competition, if possible.
3. In laned events, an athlete with a guide needs to be allocated two lanes.
4. As the vision impaired athlete crosses the finish line, the guide must be behind the athlete. At no time may the guide pull, propel or push the athlete forward.
5. The method of guidance is the choice of the athlete. In addition, the athlete may receive verbal instruction from the guide.
6. Bicycles or other mechanical means of transport may not be used by guides.

#### **Jumps**

1. Athletes may use a caller to provide acoustic orientation during the approach run. This guide can assist in positioning the athlete on the run way.

#### **Throws**

1. Athletes must be brought to the throwing circle by a guide/caller.
2. It is the task of the guide to help the athlete orientate themselves in the throwing circle before the throwing attempt.
3. Acoustic orientation is permitted for athletes, before, during and after their throwing attempts.
4. Athletes must be escorted from the throwing circle.

## **WHEELCHAIR ATHLETES**

1. If a centre has a request for a wheelchair or seated thrower seek advice and support from the Little Athletics ACT Development and Participation Officer.

## **GENERAL INFORMATION**

### **Throws**

1. In throw events use weights according to age and disability (see throws tables below). All other rules apply.

### **Jumps**

1. The athletes are to participate in events that they feel capable of achieving
2. In long jump allow the athletes to take off from the edge of the pit.

### **For more information contact:**

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## THROW TABLES

### Group 1

Classification: 01      Hearing Impaired  
                          11 & 12      Visually Impaired  
                          20      Intellectually Impaired  
                          60      Transplanttee

	Girls			Boys		
Age	Discus	Shot put	Javelin	Discus	Shot put	Javelin
U9	500gm	2kg		500gm	2kg	
U10	500gm	2kg		500gm	2kg	
U11	500gm	2kg		500gm	2kg	
U12	750gm	2kg	400gm	750gm	2kg	400gm
U13	750gm	3kg	400gm	750gm	3kg	600gm
U14	1kg	3kg	400gm	1kg	3kg	600gm
U15	1kg	3kg	500gm	1kg	4kg	600gm
U16	1kg	3kg	500gm	1.5kg	4kg	700gm
U17	1kg	3kg	500gm	1.5kg	5kg	700gm

### Group 2

Classification: 32 to 38 Cerebral Palsy The higher the number, the higher the function.  
 (May include children who have had a brain tumour.)

	Girls			Boys		
Age	Discus	Shot put	Javelin	Discus	Shot put	Javelin
U9	500gm	1.5kg		500gm	1.5kg	
U10	500gm	1.5kg		500gm	1.5kg	
U11	500gm	2kg		500gm	2kg	
U12	500gm	2kg	400gm	500gm	2kg	400gm
U13	750gm	2kg	400gm	750gm	2kg	400gm
U14	750gm	2kg	400gm	750gm	2kg	400gm
U15	750gm	2kg	500gm	750gm	3kg	500gm
U16	1kg	2kg	500gm	1kg	3kg	600gm
U17	1kg	2kg	500gm	1kg	3kg	600gm

### Group 3

Classification: 40\* & 41\*\* Dwarfism.

\*40 – Max height – male 130cm, female 125cm

\*\*41 – Max height – male 145cm, female 137cm

	Girls			Boys		
Age	Discus	Shot put	Javelin	Discus	Shot put	Javelin
U9	500gm	1.5kg		500gm	1.5kg	
U10	500gm	1.5kg		500gm	1.5kg	
U11	500gm	1.5kg		500gm	1.5kg	
U12	500gm	1.5kg	400gm	500gm	1.5kg	400gm
U13	500gm	2kg	400gm	750gm	2kg	400gm
U14	500gm	2kg	400gm	750gm	2kg	400gm
U15	750gm	2kg	400gm	1kg	3kg	500gm
U16	750gm	3kg	400gm	1kg	4kg	600gm
U17	750gm	3kg	400gm	1kg	4kg	600gm

### Group 4

Classification: 42 to 46 Amputees (may have arms and legs)

	Girls			Boys		
Age	Discus	Shot put	Javelin	Discus	Shot put	Javelin
U9	500gm	2kg		500gm	2kg	
U10	500gm	2kg		500gm	2kg	
U11	500gm	2kg		500gm	2kg	
U12	750gm	2kg	400gm	750gm	2kg	400gm
U13	750gm	3kg	400gm	750gm	3kg	600gm
U14	1kg	3kg	400gm	1kg	3kg	600gm
U15	1kg	3kg	400gm	1kg	4kg	600gm
U16	1kg	3kg	500gm	1kg	4kg	600gm
U17	1kg	3kg	500gm	1kg	4kg	600gm

## **Group 5**

Classification: 51 to 58 Quadriplegia and Paraplegia

Athletes usually use a racing wheelchair and/or a throwing wheelchair (tied down).

The only centre who could cater for this group would be Woden Little Athletics Centre.