

KHSAA CONTINUES ADAPTED TRACK & FIELD WITH TWO WHEELCHAIR EXHIBITION EVENTS

The Kentucky High School Athletic Association (KHSAA) originally developed Adapted Track in partnership with the American Association of Adapted Sports Programs (AAASP). The KHSAA is excited to continue two exhibition wheelchair track and field events for the spring track and field season.

The two exhibition events during the regular season and the state meet are the wheelchair 100m race and the shot put event. Wheelchair shot put will be divided into two (2) classifications for both boys and girls based on the type of disability.

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

Students who participate must meet all KHSAA eligibility requirements.

Students will be members of the school's track team and will compete at all the school's meets (regardless of the number of wheelchair competitors) and shall compete against each other only.

All times and distances are to be reported with regular season results to kymilesplit@gmail.com and must include the athlete's name, school, grade, results, location and date of meet. Those results will be housed at ky.milesplit.com.

Coaches who have student athlete's competing in these events will need to review the information contained in this correspondence.



100 Meter Wheelchair Race



Shot Put Event

WHEELCHAIR TRACK & FIELD EXHIBITION EVENTS WILL FOLLOW ALL STATE ASSOCIATION RULES WITH THE FOLLOWING AAASP MODIFICATIONS



SHOT PUT RULES

1. All competitors must put the shot from a "chair" (manual wheelchair, throwing chair, power (electric) wheelchair). Scooters and "standing chairs" will not be allowed.
2. The upper most part of the cushion/seat on any chair may not exceed 75 cm/29.5 inches.
3. The chair will be considered an extension of the athlete's body. For example: any part of the chair touching the top of the stop board is a foul.
4. If participation numbers warrant - there will be two (2) classifications for both boys and girls (see below).
5. A coach may assist the athlete entering the circle.
6. One buttock cheek must remain in contact with the seat during the throw.

SHOT PUT CLASS 1

Athletes with any disability of the lower extremities (spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries), for example: severe permanent injuries in the knee, ankle, and hips.

SHOT PUT CLASS 2

Athletes with any disability that affect's lower and upper extremities (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 – 4 kg shot

Girl's – 6 lb. shot

*Discus – all genders will throw 1 kg



ATHLETE UTILIZES A THROWING CHAIR WITH TIE-DOWNS

KHSAA student athletes taking part in the exhibition wheelchair shot put event may put the shot from a throwing chair, a

manual wheelchair or a power wheelchair. Scooters and standing chairs are not allowed.



COACHES: CLICK ON THE LINKS BELOW TO VIEW THE TRACK TRAINING VIDEO AND POWER POINT PRESENTATION

Powerpoint presentation

http://www.adaptedsports.org/adaptedsports/coaches_education/wtt.html

Training video

http://www.adaptedsports.org/adaptedsports/coaches_education/wttv.html

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WHEELCHAIR TRACK RULES

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 touching of the ground by the lower limbs 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 an event.

Wheels:

The maximum diameter of the rear wheel and inflated tire is 70cm.

The maximum diameter of the front wheel and inflated tire is 50cm.

Each rear wheel may have one hand rim.

Athletes may only propel the chair forward by pushing on the wheels or hand rims.

Helmet and Gloves:

All competitors must wear a CPSC certified helmet.

All competitors must start each event using racing gloves.

The Race:

Start:

The center of the front axle (axle plane) may not extend over the starting line.

Finish:

The finish of the race occurs when the center of the front axle (axle plane) crosses the finish line.

Wheeling in Lane:

In the 100m, 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.

Obstruction:

Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.