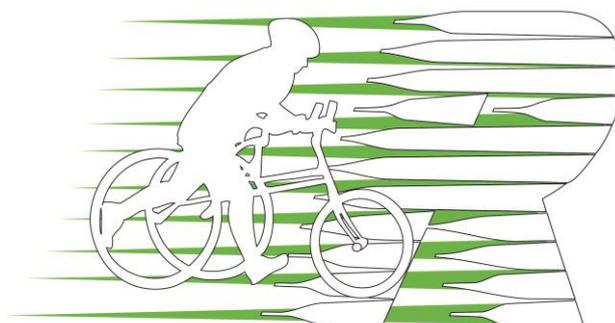


# ***CPIISRA RaceRunning Rules and Regulations***



**access to sport**



**RaceRunning**  
*- a sport in movement...*

***Update: June 2015***

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## PART 1

### CHAPTER 1 – CPISRA Competitions

#### **1.1 CPISRA RaceRunning recognised events**

- a) CPISRA world and regional Championship.
- b) CPISRA sanctioned events.
- c) IPC athletics sanctioned events.
- d) IWAS sanction competition.
- e) Nation Federation competitions approved by IPC.

#### **1.2 Application of the CPISRA RaceRunning Rules and Regulations**

- a) These Rules and Regulations will be in effect from 1<sup>st</sup> April 2014 to 31<sup>st</sup> March 2016.

#### **1.3 CPISRA Recognised Competition Requirements**

- a) Information on the requirements for recognised competitions can be found at the CPISRA website [www.cpisra.org](http://www.cpisra.org).

#### **1.4 Recognition of competition results**

- a) CPISRA only accept results achieved at recognised competitions by athletes with a CPISRA international classification for the purposes of world and regional records;
- b) CPISRA only accept results achieved at recognised competitions by athletes with a National CPISRA classification for the purposes of rankings and age group records.

#### **1.5 Advertising and Displays during CPISRA RaceRunning recognized Competitions**

The CPISRA RaceRunning and, with the approval of CPISRA RaceRunning, any organizing committee for a Recognized Competition will be entitled to adopt requirements on advertising and commercial or other displays including the specific specifications for the size and placing of advertising and branding on clothing and equipment

Note: For the purposes of advertising requirements the:

- A Racrunner shall be regarded as four pieces of equipment (i.e. three large wheels and a frame).

### **1.6 Anti-Gambling (i.e. Betting) Requirements**

CPISRA RaceRunning will compel athletes to comply with item 8 of the IPC Eligibility Code, which states that they agree “not to participate or assist in any gambling or betting activities associated with any CPISRA event”. CPISRA may adopt additional Anti-Gambling Codes or requirements from time to time, which will also be binding on participants in Recognized Competitions.

### **1.7 Competitions Fees**

CPISRA RaceRunning will publish a Competition Fee Structure and will update the fees from time to time. Fees must be paid without delay to CPISRA.

## **CHAPTER 2 - ELIGIBILITY AND CLASSIFICATION**

### **2.1 CPISRA Eligibility Requirements**

In order to compete in Recognised Competition an athlete must:

- a) Have a National or International Classification.
- b) Be entered by their National CPISRA member or their NPC.
- c) Satisfy the Nationality Requirements of the CPISRA Nationality Code.
- d) For Senior Competition be 14 on or before the 31<sup>st</sup> December in the year of competition.
- e) Not be otherwise disqualified or under suspension or other Sanction affecting their status.

### **2.2 CPISRA Classification**

In order to compete at World and Regional Championships an athlete must have been seen by a CPISRA International Classification Panel, deemed eligible to compete and been given a review or confirmed classification.

## **CHAPTER 3 - ANTI-DOPING, MEDICAL SERVICES, TECHNOLOGY AND EQUIPMENT.**

### **3.1 *Anti-Doping***

CPISRA RaceRunning will apply the CPISRA and IPC anti-doping code at all competitions.

### **3.2 *Medical Services***

CPISRA RaceRunning will apply the CPISRA and IPC medical code at all competitions.

### **3.3 *Technology and Equipment.***

CPISRA RaceRunning will apply the principles and objectives of the IPC Equipment Policy at all competition and in the future development of RaceRunning. Details of any major modification to equipment will be submitted to the CPISRA RaceRunning committee 30 days before the equipment is used in international Competition.

## **CHAPTER 4 - PROTEST AND PROTEST APPEALS**

These protests Regulations do not cover Anti-doping or Classification issues which are dealt with under their separate codes.

### **4.1 *Protest (IAAF rule 1-4)***

CPISRA RaceRunning will apply IPC rule 4.1 to all competitions. Where reference is made to IPC Athletics this should be replaced by CPISRA RaceRunning technical committee.

### **4.2 *Protest Appeals (IAAF rule 5-9)***

CPISRA RaceRunning will apply IPC rule 4.1 to all competitions. Where reference is made to IPC Athletics this should be replaced by CPISRA RaceRunning technical committee.

## **CHAPTER 5 - WORLD AND REGIONAL RECORDS (IAAF Rule 250)**

For detailed information on the procedures for claiming World and Regional records refer to the CPISRA website [www.cpisra.org](http://www.cpisra.org)

### **General Conditions**

5.1 CPISRA World and Regional Records can only be achieved at CPISRA recognised events by athletes who have a CPISRA RaceRunning Confirmed Classification.

5.2 The athlete achieving the record must be eligible to compete under the CPISRA RaceRunning rules.

- 5.3 The track referee or CPISRA RaceRunning technical delegate will be responsible that the CPISRA procedures have been applied in terms of the following.
- 5.4 For individual events at least 3 athletes must be *bona fide* competitors in the event. (bona fide means genuine).
- 5.5 The record was achieved in an athletics facility that conforms to the specifications outlined in the IAAF Track or Field Manual or the National Athletics Federation equivalent.
- 5.6 The following timing requirements must be adhere to:
- a. The record shall be timed by official timekeepers by an approved automatic photo-finish system or transponder system.
  - b. In events up to 800m only performances timed by an approved automatic photo finish system or transponder system shall be accepted.
- 5.7 For all Track Records up to and including 200m, information concerning wind speed, measured as indicated in these rules, shall be submitted. If the wind velocity, measured in the direction of running, behind the athlete averages more than 2 metres per second during the race, the Record will not be accepted.
- 5.8 The official record application of CPISRA RaceRunning should be completed and despatched to the Chair of the CPISRA RaceRunning technical committee within 30 days of the record being achieved. Forms are available from the CPISRA website [www.cpisra.org](http://www.cpisra.org).
- 5.9 The National Member, NPC or National Federation where the record was set shall send along with the application form:
- a) A copy of the official programme.
  - b) The official result from the competition.
  - c) The photo finish of the event.
- 5.10 CPISRA RaceRunning world and regional records can be achieved at any CPISRA RaceRunning recognised events.
- 5.11 CPISRA RaceRunning only accepts World and Regional outdoor records.
- 5.12 The record shall be equal to or better than the existing records for the event. If the record is equalled it shall have the same status as the original record.
- 5.13 CPISRA RaceRunning Technical Committee is responsible for authorising records.

- 5.14 When a record is ratified the athlete and Member organisation will be notified in writing.
- 5.15 If a record is not ratified the Member organisation will be informed in writing of the reason.
- 5.16 CPISRA RaceRunning world records will be maintained on the CPISRA website.
- 5.17 The list of world records will be updated on an annual basis on 1<sup>st</sup> January each year.
- 5.18 CPISRA recognise the following outdoor records:
- **Male:** 100m, 200m 400m 800m, 1500m and 5000m
  - **Female:** 100m, 200m 400m 800m, 1500m and 5000m

## **CHAPTER 6 - AWARDING MEDALS AND DIPLOMA**

At CPISRA RaceRunning world and regional championship and other CPISRA RaceRunning sanctioned competitions medals will be awards for the athletes who finish first, (gold) second (silver) third (bronze).

The only exception to this is when an event has 4 or less competitors. In these circumstances the local organising committee can either:

- 6.1 Adopt the minus 1 rule, i.e. 3 athletes in event 2 medals awarded; or
- 6.2 If 2 or more events of same distance and gender have 4 or less competitors the local organising committee can use the CPISRA RaceRunning points score table to award medals.

Where the points score table or minus one is adopted and an athlete breaks a world record but hasn't been awarded a medal in the event an additional medal should be presented to recognise this achievement.

In other recognised events medals will be awarded in accordance with the competition rules being utilised by the Local Organising Committee.

## **PART 2 - CPISRA RACERUNNING COMPETITION RULES**

### **Section 1 - International Officials**

#### ***Rule 1 - Appointment of International Officials (IAAF Rule 110)***

Appointment of Officials for CPISRA RaceRunning sanctioned events including World and Regional Championships:

- a) At CPISRA RaceRunning sanctioned event the following international officials should be appointed by the recommendation of the CPISRA RaceRunning Technical Committee;
- b) Chief Classifier (if classification taking place at event);
- c) International Classifier (if classification taking place at event);
- d) Other officials may be appointed by negotiation between the CPISRA RaceRunning committee and the Local Organising Committee.

**Note:** *Where possible these officials should not be citizens of the host country, but it is accepted that this may not always be achievable.*

#### ***Rule 2. Description of officials and their duties***

##### ***2.1 Technical Delegate and Assistant Technical Delegate(s) (IAAF Rule 112)***

###### ***2.1.1 Technical Delegate***

The Technical Delegate, in conjunction with the Organizing Committee, which shall afford them all necessary help, is responsible for ensuring or deciding:

- a) That all technical arrangements are in conformity with these Rules and the IAAF Track and Field Facilities Manual;
- b) That the final timetable of events is concluded and published together with any entry standards for the competition;
- c) For track events the basis on which preliminary rounds shall be arranged;
- d) That the Technical Regulations are issued to all competing delegations in goodtime before the competition;
- e) All other technical preparations necessary for the holding of the RaceRunning events;
- f) To reject entries for technical reasons;

- g) Arrangements for preliminary rounds, and;
- h) That written reports (as appropriate) are submitted on the preparations for the competition.

### **2.2 Chief Classifier**

Where international classification is staged a chief classifier shall be appointed by CPISRA RaceRunning. The Chief Classifier shall liaise with the Organizing Committee and the appointed Technical Delegate to ensure that suitable facilities and logistics are provided for the conduct of classification. They shall supervise and ensure the appointed International Classifiers deliver classification in full compliance with the CPISRA RaceRunning Classification Rules and Regulations. The Chief Classifier shall be responsible for all matters relating to classification.

### **2.3 International Classifiers**

International Classifiers shall be appointed by CPISRA RaceRunning to work in their duties as members of classification panels. They shall evaluate and observe athletes' in terms of their respective impairment pre and/or during competition, and allocate sports class and class status in accordance with CPISRA RaceRunning Classification Rules and Regulations.

## **Section 2 - General Competition Rules**

### **Rule 3. The RaceRunning facility**

Any firm, uniform surface that conforms to the specifications in the IAAF Track and Field Facilities Manual, may be used for RaceRunning events. All recognised competitions must be held only on synthetic surfaced facilities that hold a current valid national track certificate from an accredited surveyor shall be required.

### **Rule 4. Age and Sex Categories**

#### *Age Categories*

The following age categories are recognised by CPISRA RaceRunning:

- a) Senior Men and Women, must be 14 or over on the 31<sup>st</sup> December in year of competition.
- b) Junior Men and Women, an athlete must be 18 or 19 on 31<sup>st</sup> December in year of competition.
- c) Youth Boys and Girls, an athlete must be 16 or 17 on 31<sup>st</sup> December in year of completion.

- d) Under 16 boys and girls, an athlete must be 14 or 15 on 31<sup>st</sup> December in year of competition.
- e) Under 14 boys and girls, an athlete must be 12 or 13 on 31<sup>st</sup> December in year of competition.
- f) An athlete shall be eligible to compete in an age group competition under these Rules if they are within the age range specified in the relevant age group classification.
- g) An athlete must be able to provide proof of his age through presentation of a valid passport or other form of evidence as permitted by the regulations for the competition. An athlete who fails or refuses to provide such proof shall not be eligible to compete.

### ***Sex Categories***

Competition under these rules is divided into men's and women's categories.

An athlete shall be eligible to compete in men's competition if he is recognized as a male in law and is eligible to compete under the Rules and Regulations.

1. An athlete shall be eligible to compete in women's competition if she is recognized as a female in law and is eligible to compete under the Rules and Regulations.
2. The CPISRA RaceRunning Technical committee shall approve Regulations to determine the eligibility for women's competition of:
  - a) females who have undergone male to female sex reassignment; and
  - b) females with hyperandrogenism.
3. An athlete who fails or refuses to comply with the applicable Regulations shall not be eligible to compete.

### ***Rule 5 Entries (IAAF Rule 142)***

*5.1 Competition under these rules are restricted to eligible athlete.*

#### ***Failure to participate***

At CPISRA Competitions except as provided below, an athlete shall be excluded from participation in all further events in the competition

Where:

- a. A final confirmation was given that the athlete would start in an event but then failed to participate.

- b. They qualified in a preliminary round of an event for further participation in that event but then failed to participate further.

The provision of a medical certificate, endorsed by a medical officer appointed or approved by CPISRA RaceRunning or the Organizing Committee, may be accepted as sufficient evidence that the athlete became unable to compete due to illness or injury, even if he is able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system) may also be accepted by the Technical Delegate(s).

**Note (i):** A fixed time for the final confirmation of participation shall be published in advance.

**Note (ii):** Failure to participate includes failure to compete honestly with *bona fide*\* effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results. (\*bona fide means genuine)

### **Rule 6 Clothing, athletes bibs, helmet (IAAF Rule143)**

#### **6.1 Clothing**

In all events athletes and guides must wear clothing that is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing that could impede the view of the Judges. Athletes' vests should have the same colour on the front and back. Where appropriate athletes shall participate in the uniform clothing approved by their National Member NPC or NF. The Victory Ceremony and any lap of honour are considered part of the competition for this purpose.

**Note (i):** The relevant governing body may specify in the regulations for a competition that it is mandatory for the colour on athletes' vests to be the same on the front and back.

#### **6.2 Shoes**

Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology that could give the wearer any unfair advantage. A shoe strap over the instep is permitted. Competition shoes are subject to approval by CPISRA RaceRunning.

### **6.3 Number of Spikes**

The sole and heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used. The number of spike positions shall not exceed 11.

### **6.4 Dimensions of Spikes**

When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or the heel shall not exceed 9mm. The spike must be so constructed that it will, at least for the half of its length closest to the tip, fit through a square sided 4mm gauge.

### **6.5 The Sole and Heel**

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In all events the sole and/or heel may be of any thickness.

**Note (ii):** The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side including the above-mentioned features and including any kind or form of loose inner sole.

### **6.6 Inserts and Additions to Shoes**

As sole and heel can be of any size paragraph 6 does not apply to RaceRunning.

### **6.7 Athletes bibs**

1. Every athlete shall be provided with 2 bibs, during the competition, 1 shall be worn visibly on the breast and back. The bib shall correspond usually with the number allocated to the athlete on the start list or in the programme. If tracksuits are worn during the competition, bibs shall be worn on the tracksuit in a similar manner. The athletes' names or other suitable identification on the bibs will be allowed instead of numbers. The 2nd bib will be worn visibly on the racerunner but should be a maximum of 10cm by 10cm to avoid interfering with the athlete racing.
2. These bibs must be worn as issued and may not be cut, folded or obscured in any way. In long distance events, the bibs may be perforated to assist the circulation of air, but the perforation must not be made on any of the lettering or numerals that appear on them.
3. Where Photo Finish System is in operation, the Organizing Committee may require athletes to wear additional number identification of an adhesive type on the side of their helmets or racerunner. No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.

4. RaceRunning athletes may wear a prosthetic(s) or orthotic(s) in order to ensure both legs are of equal length but not for any other purpose, and they must not otherwise provide assistance to the athlete.

#### **6.8 Helmets**

The wearing of helmets is compulsory in all individual and team track RaceRunning events. The helmet shall be a hard protective shell that has a recognised international safety standard e.g.: Snell b-84/90/95, BSI 6863, EN 1078.

### **Rule 7 - Assistance to Athletes**

#### **7.1 Indication of intermediate times**

Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee. This approval shall be given only when there are no time displays visible to athletes at the relevant point and in circumstances where such times will be provided to all athletes in the race. The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and to personnel authorized in accordance with the relevant Rules and Regulations.

#### **7.2 Giving Assistance - General**

1. For the purpose of this Rule the following shall be considered assistance, and are therefore not allowed:
  - a. Save as otherwise permitted below, pacing in races by persons not participating in the same race, by athletes lapped or about to be lapped or by any kind of technical device (other than those permitted under Rule 7.3(d));
  - b. Possession or use of any equipment capable of playing or displaying audio or video images, including radio transmitters, mobile phones, 'iPods', 'iPads', Netbooks, mp3 players or similar devices in the arena;
  - c. Except for shoes complying with Rule 6.10, the use of any technology or appliance that provides the user with an advantage which he would not have obtained using the equipment specified in the Rules.
2. Any athlete giving or receiving assistance shall be warned by the Referee and advised that, if there is any repetition, he will be disqualified from that event. If an athlete is subsequently disqualified from the event, any performance accomplished up to that time in the same round of that event shall not be considered valid. However,

performances accomplished in a previous round of that event shall be considered valid.

3. The following is not considered as assistance:

- a) Communication between the athletes and their coaches not placed in the competition area.
- b) Medical examination / treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation once on the competition area. Such medical examination / treatment and/or physiotherapy may be provided either on the competition area itself by the official medical staff appointed by the Organizing Committee and identified by armbands, vests or similar distinctive apparel or in designated medical treatment areas outside the competition area by accredited team medical personnel specifically approved by the Medical or Technical Delegate for the purpose. In neither case shall the intervention delay the conduct of the competition or an athlete's trial in the designated order. Such attendance or assistance by any other person whether during competition or immediately before competition once athletes have left the Call Room is assistance.
- c) Any kind of personal safeguard (e.g., bandage, tape, belt, support, etc.) for protection or medical purposes.
- d) Devices carried personally by athletes during a race such as heart rate or speed distance monitors or stride sensors, provided that such device cannot be used to communicate with any other persons.

4. CPISRA RaceRunning recognizes the special needs of athletes with a hearing impairment, and is keen to encourage and facilitate their participation in competition. In cases where deaf-blind athletes are competing in an event the Technical Delegate shall have the authority to make appropriate modification to these rules as may be necessary to facilitate the effective participation of those deaf-blind athletes. In principal, no rule modification that disadvantages any other athlete will be allowed.

**Note (i):** The use of any hearing aid/amplification of external cochlear implant parts shall only be permitted for the athletes with a hearing impairment in the competition area provided an appropriate medical certificate has been endorsed by IPC Medical Committee/Medical Delegate, and presented a copy of original technical specifications of the device being used at the competition.

**Note (ii):** No hearing aid/amplification of external cochlear implant part containing radio transmission or reception components shall be permitted in the competition area under Rule 7.2.

### **7.3 Giving Assistance**

5. Some RaceRunning athletes may require assistance at the beginning of the event to get their racerunner positioned on the start line. Others who use blocks may require assistance to be set for them. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements.

### **Rule 8 Disqualification (IAAF rule 145)**

If an athlete is disqualified in an event for an infringement of any Rule, reference shall be made in the official results to the Rule that has been infringed.

1. If an athlete is disqualified any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event shall be considered valid. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition (unless the specific rule provides otherwise).
2. If an athlete is disqualified from an event for acting in an unsporting or improper manner, reference shall be made in the official results giving reasons for such disqualification. If an athlete is warned for a second time for acting in an unsporting or improper manner in an event, he shall be disqualified from that event. If the athlete's second warning occurs in a different event, he shall be disqualified only from the second event. Any performance accomplished in the same round of that event up to the time of the disqualification shall not be considered valid. However, performances accomplished in a previous round of that event, other previous. Disqualification from an event for unsporting or improper behaviour shall render the athlete liable to disqualification by the Referee from participation in all further events, including individual events of a Combined Event, in that competition. If the offence is considered serious, the Competition Director shall report it to RaceRunning Technical Committee for potential further sanction.
3. Athletes must ensure that urine is not allowed to drain from storage devices such as leg bags onto the competition or warm-up areas. Failure to do so may result in disqualification.

### **Rule 9 Competing outside Sports Class Eligibility**

In accordance with the CPISRA and IPC Classification Code, and general principles of classification, athletes will generally compete against athletes with the same sports class.

### **Rule 10 Validity of Performance (IAAF rule 149)**

No performance accomplished by an athlete will be valid unless it is accomplished at a CPISRA Recognized Competition.

### ***Rule 11 Video Recording (IAAF rule 150)***

Whenever possible an official video recording of all events to the satisfaction of the Technical Delegate(s) shall be made. It should be sufficient to demonstrate the accuracy of performances and any violation of the Rules.

### ***Rule 12 Scoring (IAAF rule 151)***

In a match where the result is to be determined by the scoring of points, the method of scoring shall be set out in the entry and eligibility documentation.

## **Section 3 - Track Events**

### ***Rule 13 RaceRunner requirements***

1. The RaceRunner has support from a saddle and a body support plate. A steering handle is used for manoeuvrability. There are no pedals attached to the frame.
2. The frame has got 2 rear wheels and 1 front wheel. The racerunner has a maximum length of up to 200cm, and a maximum width of up to 95cm (outside the two rear wheels). No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the racerunner may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. No part of the RaceRunning bike may protrude behind the vertical plane of the back edge of the rear tyres.
3. The maximum diameter of all wheels including the inflated tire shall not exceed 72 cm.
4. The saddle may have other shapes than the traditional type of racing cycling saddle.
5. The body support plate may be individual shaped to provide stability.
6. The body may be strapped to the plate with a belt or an orthopaedic brace. Hands may be strapped to the handlebars as well.
7. The steering handle bar should ensure that the athlete is able to race and manoeuvre safely.
8. If the athlete is able to use a break a left or right front break should be installed.
9. No mechanical gears or levers are allowed to propel the RaceRunner.
10. The RaceRunner may be steered by any part of the body. However, only mechanical steering devices are allowed.
11. In all races of 800m or longer, the athlete must be able to turn the front wheel manually both to the left and to the right.

12. The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the racerunner are not permitted.
13. RaceRunners will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Racerunners can be re-examined by the officials before or after the event.
14. If the Technical Officials believe that a RaceRunner and/or the athlete using it represent a safety risk they shall be authorized to disqualify the athlete from an event.

***Rule 14 Track Measurements (IAAF Rule 160)***

CPISRA RaceRunning will use IAAF rule 160 at all times.

***Rule 15 Starting Blocks***

Starting blocks may be used by RaceRunning athletes in all races up to and including 400m (including the first leg of the 4x200m and 4x400m) but shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane. Starting blocks shall comply with the following general specifications:

- a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete
- b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start;
- c) When an athlete uses his own starting blocks, they shall comply with the above general description. They may be of any design or construction, provided that they do not interfere with other athletes;
- d) When starting blocks are provided by the Organizing Committee, they shall, in addition, comply with the following specifications. The starting blocks shall consist of a maximum of two-foot plates, against which the athlete's feet/ foot are pressed in the starting position. The footplates shall be mounted on a rigid frame, which shall in no way obstruct the athlete's feet as they leave the blocks. The footplates shall be sloped to suit the starting position of the athlete, and maybe flat or slightly concave. The surface of the footplates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes. The mounting of the footplates on a rigid frame may be adjustable, but it shall allow

no movement during the actual start. In all cases, the footplates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete. The Organizing Committee may insist that only starting blocks provided by them may be used.

**Note:** *Some Racerunner athletes may require their starting blocks to be set for them. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which they will be able to indicate their requirements.*

**Rule 16 The Start (IAAF rule 162)**

1. The position of the start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.
2. All races shall be started by the report of the Starter's gun fired upwards after they have ascertained that athletes are steady and in the correct starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, they shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.

**Note:** *If an athlete has a hearing impairment the starter or his assistant may use a flag, a strobe light or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.*

3. The commands of the starter can be in English or in the language of the host nation.
4. For CPISRA RaceRunning athletes the following commands and positions are required. After the 'On Your marks' command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the 'Set' command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line".
5. On the command "Set" for races up to 400m and "On your marks" for longer races all athletes shall at once and without delay assume their full and final set position.

**Where an athlete in the judgment of the Starter:**

- a) After the command "Set" for races up to 400m and "On your marks" for longer races, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in, without a valid reason, (such reason to be evaluated by the relevant Referee), or;

- b) Fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place himself in his final starting position after a reasonable time, or;
- c) After the command “On your marks” or “Set” disturbs other athletes in the race through sound or otherwise, the Starter shall abort the start.

The Referee may warn the athlete for improper conduct in relation to the required start procedure and may disqualify an athlete in case of a second infringement of this Rule during the same competition. In cases where an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

- 6. In RaceRunning races of 800m or longer the starter has the authority to recall a race for a restart (but is not obliged to do so) if a collision involving any athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from umpires during this portion of the race.

#### ***False Start***

- 7. An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgment of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

**Note (i):** Any motion by an athlete that does not include or result in the athlete’s foot / feet losing contact with the foot plate(s) of the starting blocks, or the athlete’s hand/hands losing contact with the ground, shall not be considered to be the commencement of the start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.

**Note (ii):** As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as “unsteady”. If an athlete is pushed or jostled over the line before the start, he should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.

**Note (iii):** When an IAAF approved false start control apparatus is in operation, the evidence of this equipment shall normally be accepted as conclusive by the Starter.

- 8. Any athlete responsible for a false start shall be disqualified.
- 9. In case of a false start, the Starter’s Assistants shall proceed as follows: the athlete(s) responsible for the false start shall be disqualified and a red and black card

(diagonally halved) shall be raised in front of him and a corresponding indication shown on the respective lane marker(s). In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card and black card (diagonally halved) shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

10. The Starter or any Recall Starter, who is of the opinion that the start was not a fair one, for whatever reason, shall recall the athletes by firing a gun.

### **Rule 17 The Race**

1. The direction of running shall be anti-clockwise. The lanes shall be numbered with the left-hand inside lane numbered 1.

### **Obstruction.**

2. Any competing RaceRunning athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held, excluding any disqualified athlete or, in the case of a preliminary round, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally an athlete permitted to proceed to the next round as a consequence of jostling or obstruction should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
3. During RaceRunning races propulsion by any other method except the athlete pushing with their legs will result in disqualification.
4. During RaceRunning races an athlete coming from behind in an attempt to overtake carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel of the athlete is in sight.

### **Running in lanes**

In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race where there is a requirement to run in lanes.

1. An athlete shall not be disqualified for running out of their lane if they:
  - a) Is pushed or forced by another person to step or run outside their lane or on or inside the kerb or line marking the applicable border, or;

- b) Steps or runs outside his lane in the straight or outside the outer line of there lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress.
2. In CPISRA Competitions the start of the 800m event must be run in lanes for as far as the break line marked after the first bend after which athletes may leave their respective lanes. In other Recognized Competitions the start of the 800m event may be run in lanes for as far as the break line marked after the first bend after which athletes may leave their respective lanes.

### ***Leaving the track***

An athlete or the athlete's guide who during the course of a race voluntarily leaves the track will not be allowed to continue in the race.

### ***Wind Measurement***

1. The periods for which the wind velocity shall be measured are as follows: In the 100m event – for 10 seconds immediately following the start. In the 200m event - the wind velocity shall be measured for a period of 10 seconds commencing when the first athlete enters the straight.
2. The wind gauge for Track Events shall be placed beside the straight, adjacent to lane 1.50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
3. The wind gauge shall be read in meters per second, rounded to the next higher tenth of a meter per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 meters per second shall be recorded as +2.1; a reading of -2.03 meters per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of meters per second shall be constructed so as to comply with this Rule. All wind gauge equipment shall have been identified on the IAAF certified equipment list, and the accuracy of the gauge used shall have been verified by an appropriate organization accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
4. Non-mechanical wind gauges shall be used at all CPISRA Competitions and for any performance submitted for ratification as a World/Regional Record. A non-mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.
5. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.

**Rule 18 The Finish (IAAF Rule 164)**

1. The position of the finish of a race shall be denoted by a white line 5cm wide.
2. In RaceRunning races the athletes shall be placed in the order in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.
3. In races of 1500m or longer, officials may conclude the event and clear the track after an agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e., Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

**Rule 19 Timing and Photo-finish (IAAF rule 165)**

CPISRA RaceRunning sanctioned event will comply where possible with IAAF rule 165 as amended by IPC Athletics Rule 20.

**Rule 20 Seedings, Draws and Qualification in Track Events Rounds and Heats (IAAF rule 165)**

CPISRA RaceRunning sanctioned event will comply where possible with IAAF rule 165 as amended by IPC Athletics Rule 21.

**Rule 21 Ties**

1. If the Judges or the Photo Finish Judges are unable to separate the athletes for anyplace according to these Rules, the tie shall remain.
2. In determining whether there has been a tie between athletes in different heats for a ranking position or for a qualifying position for a subsequent round based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 1/1000th of a second. If there has still been a tie for a ranking position the tie shall be broken by draw. Where there is a tie for a qualifying position for a subsequent round based on time or place, the tying athletes shall be placed in the next round or, if that is not practicable, lots shall be drawn to determine who shall be placed in the next round.