



NDHSAA Track and Field Wheelchair Division Guidelines

The NDHSAA will offer 4 events in the Wheelchair Track and Field Division for the regular season. The track events will include the 100m, 200m and 400m. The field event opportunity will include the shot put.

NDHSAA Wheelchair Track and Field Eligibility.

- All student athletes in grades 7-12 who have a permanent, physical disability may be eligible to participate on their school's track and field team.
- Each athlete's permanent physical disability must be verified by a licensed physician and must be maintained on permanent file at the member school.
- Students who participate must meet all NDHSAA eligibility requirements. Student shall be member of the school's track and field team and shall have the opportunity to compete at the school's regular season meets regardless of the number of wheelchair competitors.
- The athletes must compete in their school's team uniform.
- No results from the WCD will be utilized in the teams point total.
- Schools are required to obtain a waiver per NFHS rule 4-4 NOTE from the NDHSAA for all wheelchair participants.

NDHSAA Wheelchair Division Notification Process.

- 24 hours prior to competition, schools must notify the host school/management that they have an athlete competing in the Wheelchair Division.

NDHSAA Wheelchair Track and Field Events.

- Each student will have the opportunity to compete in the following events: 100m, 200m 400m, shot put.
- A competitor may be entered and compete in a total of four events (track and field).
- Wheelchair shot put will be divided into two categories based on the type of disability.
 - Category 1 will be for athletes with any disability of the lower extremities.
 - Category 2 will be for athletes with any disability of the lower and upper extremities.

Track Event Rules – Wheelchair 100m, 200, 400m.

The event will follow NDHSAA and NFHS rules with the following NDHSAA modifications:

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.
- Athletes' lower limbs must be secured to the track chair. Any touch of the ground by the lowest limb 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 the event.

Wheels

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves

- All competitors must wear a CPSC certified helmet (Bike/Skate).
- All competitors must start each event using racing gloves
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

Mixed Race Events – only 1 athlete competing

Anytime there is only 1 athlete competing in the Wheelchair Division, the race will be combined with the running heats for that event and will follow the NFHS Track and Field Rules with the following modifications:

- Participation will be combined with able-bodied heats for that event
- At no time will the athletes in the Wheelchair Division and runner compete head to head for 1st place.
- The athlete in the WCD will be placed separate from the runners and there will be two 1st place finishers in the mixed race.
- The outside lane will be assigned to the athlete in the WCD.
- There **MUST** be a buffer lane between the WCD lane and the running lanes.

Separate Wheelchair Division Heats

Anytime there is more than 1 athlete (male and female combined) competing in the WCD, the race will be held in its own heat and will follow NFHS Track and Field Rules

- The start: The center of the front axle (axle plane) may not extend over the starting line.
- The finish: The finish of the race occurs when the center of the front axle (axle plane) crosses the finish line.
- Wheeling in Lane: In any lane race competitors must stay in their designated lane. Touching or crossing the inner lane line for more than 10 consecutive feet results in disqualification. Crossing the lane line for any distance and impeding another competitor will result in disqualification.

- Obstruction: Athlete may not touch or obstruct another competitor during an event. Obstruction will result in disqualification
- Propulsion and steering: The wheelchair must be maneuvered with hands and arms only.
- All events will be timed finals.

Shot Put Rules

This event shall follow all NDHSAA and NFHS rules with the following modifications:

- Athletes who are in a wheelchair will compete in the same flight as able-bodied athletes but will be placed separately in all regular season competition.
- All competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair). Scooter and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm (29.5”).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Weights

- Boys Category 1 will use a 4.0 kg shot
- Boys Category 2 will use a 6 lb. shot
- Girls Category 1 and 2 will use a 6 lb. shot