

# **GHSA WHEELCHAIR TRACK & FIELD**

## **2023-2024 SEASON**

The Georgia High School Association (GHSA), in partnership with the American Association of Adapted Sports Programs (AAASP), is excited to announce wheelchair track and field for the 2023-2024 spring season.

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

These students will have the opportunity to compete in the 200 and 800 meter wheelchair races and the shot put. There will be two (2) divisions of competition in the shot put based upon the disability.

Students who participate must meet all GHSA 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). The athletes must compete in their school's team uniform.

The top (8) qualifiers over the entire track season in each event will advance to compete at the State Track Meet.

All times and distances are to be reported to [resultsgha@adaptedsports.org](mailto:resultsgha@adaptedsports.org) and must include the athlete's name, school, grade, results, location and date of meet.

Coaches must complete a required training course conducted by AAASP.



**200 Meter Wheelchair Race**



**Shot Put Event**

## WHEELCHAIR TRACK & FIELD EVENTS WILL FOLLOW ALL GHSA 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 athletes body. For example: any part of the chair touching the top of the stop board is a foul.
4. 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 class 1 - 8.81 lb./4.0 kg

Boy's class 2 - 6 lb. shot

Girl's class 1 - 6 lb. shot

Girl's class 2 - 6 lb. shot





## ATHLETE UTILIZES A THROWING CHAIR WITH TIE-DOWNS

GHSA student athletes taking part in the 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 COMPANION PRESENTATION**

**Training video & Companion presentation**

<https://adaptedsports.org/school-programs/#aaasp-track-and-field>

*Scroll down to click on the "TRAINING" tab (e.g., eligibility, schedule, rules handbook, league standings, training) to access the video and companion presentation located there.*

#### **GHSa CONTACT**

Dr. James R. Hines, Exec. Director  
P.O. Box 271  
Thomaston, GA 30286  
706-647-7473  
[jgZf&f\]k8\\_`kY&\]I](mailto:jgZf&f]k8_`kY&]I)

#### **AAASP CONTACT**

Tommie Storms, Exec. Director  
P.O. Box 451047  
Atlanta, GA 31145  
404-294-0070  
[IkIge k8Y\Yhl\]\khgjIk&j\\_](mailto:IkIge k8Y\Yhl]\khgjIk&j_)

#### **EQUIPMENT CONTACT**

Barry Ewing, Owner  
Eagle Sportchairs  
770-972-0763  
[Z\]o f\\_8Z\]dkgmt`&\]I](mailto:Z]o f_8Z]dkgmt`&]I)

## **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 gloves and a bicycle helmet that meets ANSI standards.

### 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.