

GHSA WHEELCHAIR TRACK & FIELD

2026-2027 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 2026-2027 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. The athletes must compete in their school's team uniform.

These students will have the opportunity to compete in the 200, 400 and 800 meter wheelchair races and the shot put and discus. There will be two (2) divisions of competition in the seated shot put and seated discus based upon the disability: Class 1 or Class 2.

In the Ambulatory division, students have the opportunity to compete in the 100m, 200m, 400m, shot put and discus.

Students who participate must meet all GHSA eligibility requirements.

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 resultsga@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

WHEELCHAIR TRACK & FIELD EVENTS WILL FOLLOW ALL GHSA RULES WITH THE FOLLOWING AAASP MODIFICATIONS



DISCUS RULES

1. All competitors must throw the discus 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. Taping two or more fingers together using body weights or devices to assist in a trial, or using gloves is not allowed.
5. There will be two (2) classifications for both boys and girls (see below).
6. A coach may assist the athlete entering the circle.
7. One buttock cheek must remain in contact with the seat during the throw.

DISCUS 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.

DISCUS 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.

DISCUS WEIGHTS

Boy's Class 1 - 1 kg discus

Boy's Class 2 - 0.75 kg discus

Girl's Class 1 - 1 kg discus

Girl's Class 2 - 0.75 kg discus



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. Tim Scott, ED
P.O. Box 271
Thomaston, GA 30286
706-647-7473
tim.scott@ghsa.net

AAASP CONTACT

Dr. Jenny Millward, ED
P.O. Box 451047
Atlanta, GA 31145
478-808-1021
jmillward@adaptedsports.org

EQUIPMENT CONTACT

Barry Ewing, Owner
Eagle Sportchairs
eaglesportchairs@gmail.com

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.