



44th NATIONAL PARA-ATHLETICS CHAMPIONSHIPS 2016

EVENT INFORMATION

OBJECTIVES

- Creating opportunities for the disabled to compete
- Recruiting potential newcomers to national development or elite training squad
- Selecting best athletes to represent Singapore for major international competitions

Venue: Hougang Stadium

Date: 20 August 2016 (Saturday)

Time: 8:00 am (Admission). 9:00 am (Event Start) – 5:00 pm

Categories: Open Division. 18 years old and above (Born in the year 1998 and before)

Division A. 15 – 17 years old (Born between the year 1999 – 2001)

Division B. 12 – 14 years old (Born between the year 2002 – 2004)

Division C. 9 – 11 years old (Born between the year 2005 – 2007)

Division D. 7 – 8 years old (Born between the year 2008 – 2009)

Eligibility:	Visual Impairment	(Classes T/F 11 - 13)
	Intellectual Disability	(Class T/F 20)
	Cerebral Palsy (Sitting)	(Classes T/F 31 - 34)
	Cerebral Palsy (Standing)	(Classes T/F 35 - 38)
	Physical Impairment (Short Stature)	(Class F40 - 41)
	Physical Impairment (Limb Deficiencies / Leg Amputations)	(Classes T/F 42 - 44)
	Physical Impairment (Limb Deficiencies / Arm Amputations)	(Classes T/F 45 - 46)
	Physical Impairment (Wheelchair Racing)	(Classes T51 - 54)
	Physical Impairment (Seated)	(Classes F51 - 57)

The sport class consists of a prefix "T" for Track and "F" for Field events
Classification reference from <http://www.paralympic.org/athletics/classification>



Entry Fees: \$10.00 per participant
All cheques should be made payable to “Singapore Disability Sports Council”
(Please write the name of the school/organization, name of individual on the reverse side of the cheque)

To register: **Please submit all completed Entry Forms by 8 July 2016** to:
Email: lohnk@sdsc.org.sg

Classification

For new athletes with PHYSICAL IMPAIRMENT, if you do not know your detailed classification, Please email to lohnk@sdsc.org.sg and tze.wei@sdsc.org.sg to indicate your interest. SDSC will then arrange for a local classification session.

***Local Classification for new athletics athlete will be done on the 30 June & 1 July 2016. 9am – 12pm**

***Venue: Singapore Disability Sports Council, 3 Stadium Drive #01-34 S397630**

***Subject to changes**

Classification reference from <http://www.paralympic.org/athletics/classification>

Open Division Male & Female

18 years old and above (Born in the year 1998 and before)

Each participant is allowed to participate in a maximum of **2 individual events** and **1 relay event** and must represent one organisation only

EVENT	100m	200m	400m	800m	1500m	4x100m	Shot Put	Long Jump	Discus	Javelin	Club Throw
Open Division Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events											
Visual Impairment Classes T 11 - 13	•	•	•		•						
Visual Impairment Classes F 11 - 13							•	•			
Intellectual Disability Class T 20	•		•		•	•					
Intellectual Disability Class F 20							•	•			
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•	•									
Cerebral Palsy (Wheelchair) Classes F 31 - 34							•				
Cerebral Palsy (Wheelchair) Classes F 31 - 32											•
Cerebral Palsy (Standing) Classes T 35 - 38	•	•	•	•	•	•					
Cerebral Palsy (Standing) Classes F 35 - 38							•	•	•	•	
Physical Impairment (Short Stature) Class F 40 - 41							•			•	
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes T 42 - 44	•	•	•								
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes F 42 - 44							•	•	•	•	
Physical Impairment (Limb Deficiencies / Arm Amputations) Classes T 45 - 46	•	•	•		•						

Physical Impairment (Limb Deficiencies / Arm Amputations) Classes F 45 - 46							•	•	•	•	
Physical Impairment (Wheelchair Racing) Classes T 51 - 54	•	•	•	•	•						
Physical Impairment (Seated) Classes F 51 - 57							•		•	•	
Physical Impairment (Seated) Classes F 51											•

Division A Male & Female

15 – 17 years old (Born between the year 1999 – 2001)

Each participant is allowed to participate in a maximum of **2 individual events** and **1 relay event** and must represent one organisation only.

EVENT	100m	200m	400m	800m	1500m	4x100m	Shot Put	Long Jump	Discus	Javelin	Club Throw
Division A Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events											
Visual Impairment Classes T 11 - 13	•	•	•		•						
Visual Impairment Classes F 11 - 13							•	•			
Intellectual Disability Class T 20	•		•		•	•					
Intellectual Disability Class F 20							•	•			
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•	•									
Cerebral Palsy (Wheelchair) Classes F 31 - 34							•				
Cerebral Palsy (Wheelchair) Classes F 31 - 32											•
Cerebral Palsy (Standing) Classes T 35 - 38	•	•	•			•					
Cerebral Palsy (Standing) Classes F 35 - 38							•	•			
Physical Impairment (Short Stature) Class F 40 - 41							•			•	
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes T 42 - 44	•	•	•								
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes F 42 - 44							•	•	•	•	
Physical Impairment (Limb Deficiencies / Arm Amputations) Classes T 45 - 46	•	•	•								

Physical Impairment (Limb Deficiencies / Arm Amputations) Classes F 45 - 46								•	•	•		
Physical Impairment (Wheelchair Racing) Classes T 51 - 54	•	•	•									
Physical Impairment (Seated) Classes F 51 - 57								•		•	•	
Physical Impairment (Seated) Classes F 51												•

Division B Male & Female					
12 – 14 years old (Born between the year 2002 – 2004)					
Each participant is allowed to participate in a maximum of 2 individual events and 1 relay event and must represent one organisation only.					
EVENT	100m	200m	4x100m	Shot Put	Long Jump
Division B Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events					
Visual Impairment Classes T 11 - 13	•	•			
Visual Impairment Classes F 11 - 13				•	•
Intellectual Disability Class T 20	•	•	•		
Intellectual Disability Class F 20				•	•
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•	•			
Cerebral Palsy (Wheelchair) Classes F 31 - 34				•	
Cerebral Palsy (Standing) Classes T 35 - 38	•	•			
Cerebral Palsy (Standing) Classes F 35 - 38				•	•
Physical Impairment (Short Stature) Class F 40 - 41				•	
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes T 42 - 44	•	•			
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes F 42 - 44				•	•
Physical Impairment (Limb Deficiencies / Arm Amputations) Classes T 45 - 46	•	•			

Physical Impairment (Limb Deficiencies / Arm Amputations) Classes F 45 - 46				•	•
Physical Impairment (Wheelchair Racing) Classes T 51 - 54	•	•			
Physical Impairment (Seated) Classes F 51 - 57				•	

Division C Male & Female		
9 – 11 years old (Born between the year 2005 – 2007)		
Each participant is allowed to participate in a maximum of 2 individual events and 1 relay event and must represent one organisation only.		
EVENT	60m	100m
Division C Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events		
Visual Impairment Classes T 11 - 13	•	•
Intellectual Disability Class T 20	•	•
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•	•
Cerebral Palsy (Standing) Classes T 35 - 38	•	•
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes T 42 - 44	•	•
Physical Impairment (Limb Deficiencies / Arm Amputations) Classes T 45 - 46	•	•
Physical Impairment (Wheelchair Racing) Classes T 51 - 54	•	•

Division D Male & Female	
7 – 8 years old (Born between the year 2008 – 2009)	
EVENT	60m
Division D Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events	
Visual Impairment Classes T 11 - 13	•
Intellectual Disability Class T 20	•
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•
Cerebral Palsy (Standing) Classes T 35 - 38	•
Physical Impairment (Limb Deficiencies / Leg Amputations) Classes T 42 - 44	•
Physical Impairment (Limb Deficiencies / Arm Amputations) Classes T 45 - 46	•
Physical Impairment (Wheelchair Racing) Classes T 51 - 54	•

Weights for Sports Classes (Shot Put, Discus, Javelin and Club Throw)

* Taken and modified with reference from IPC Athletics

Div	Classes	Shot Put (Men)	Shot Put (Women)	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Club Throw
Open	F 11-13 F20	7.26kg	4kg					
Open	F 31-34	2kg (F31-32) 3kg (F33) 4kg (F34)	2kg (F31-32) 3kg (F33-34)					397g (F31-32)
Open	F 35-38	4kg (F35-36) 5kg (F37-38)	3kg (F35-38)	1kg (F35-37) 1.5kg (F38)	1kg (F35-38)	600g (F35-37) 800g (F38)	600g (F35-38)	
Open	F40 - 41	4kg	3kg			600g	400g	
Open	F42-44	6kg	4kg	1.5kg	1kg	800g	600g	
Open	F45-46	4kg (F45) 6kg (F46)	3kg (F45) 4kg (F46)	1kg (F45) 1.5kg (F46)	1kg	600g (F45) 800g (F46)	600g	
Open	F51-57	2kg (F51-52) 3kg (F53) 4kg (F54-57)	2kg (F51-52) 3kg (F53-57)	1kg	1kg	600g	600g	397g (F51)
Div A	F 11-13 F20	5kg	3kg					

Div A	F 31-34	2kg (F31-32) 3kg (F33) 4kg (F34)	2kg (F31-32) 3kg (F33-34)					397g (F31-32)
Div A	F 35-38	4kg (F35-36) 5kg (F37-38)	3kg (F35-38)					
Div A	F40 - 41	4kg	3kg			600g	400g	
Div A	F42-44	5kg	3kg	1kg	1kg	700g	500g	
Div A	F45-46	4kg (F45) 5kg (F46)	3kg	1kg (F45) 1.5kg (F46)	1kg			
Div A	F51-57	2kg (F51-52) 3kg (F53-57)	2kg	750g (F51-53) 1kg (F54-57)	750g (F51-53) 1kg (F54-57)	500g (F51-56) 600g (F57)	500g	
Div B	F 11-13 F20	4kg	3kg					
Div B	F 31-38	1kg (F31-32) 2kg (F33) 3kg (F34-38)	1kg (F31-32) 2kg (F33-38)					
Div B	F40 - 41	4kg	3kg					
Div B	F42-44	4kg	3kg					
Div B	F45-46	3kg (F45) 4kg (F46)	2kg (F45) 3kg (F46)					
Div B	F51-57	2kg	2kg					

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PRIZE MONEY

1. Highest Number of Participation

Highest Number of Participation	
Special School	\$350
Association / Club	\$350

2. Best Team Performance (Overall)

Best Team Performance (Overall)	
First	\$750
Second	\$500
Third	\$450

3. Best Individual Performance (Male/Female)

Open Division (18 years and above)	
Best Individual Performance (Male)	\$150
Best Individual Performance (Female)	\$150

Division A & B	
Best Individual Performance (Male)	\$100
Best Individual Performance (Female)	\$100

Division C & D	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

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RULES AND REGULATIONS

1. Organising Committee

The Championship shall be organized by Singapore Disability Sports Council (SDSC). Singapore Disability Sports Council (SDSC) shall have jurisdiction over all matters.

2. General Information

- 2.1 Minimum age for all competitors is **7 years (born in the year of 2009)**.
- 2.2 No minimum qualifying standards but all participants should be competent in their respective events.
- 2.3 The Championship shall be run under the latest IAAF RULES: except, where appropriate international technical INAS-FID, IWAS, CP-ISRA, IBSA and IPC rules shall apply.
- 2.4 Eligibility Criteria will be according to IPC classification.
- 2.5 Athletes wishing to participate in a higher division must indicate in the registration form. Athletes can compete in ONE DIVISION only. Their participation is subject to the approval of the Organising Committee.
- 2.6 The organizing committee reserves the right to combine events dependent on the number of entries.
- 2.7 Please refer to Event Information attached for the complete series of events offered.
- 2.8 Schedule will be available 3 days* prior to the start of championship and will be emailed to the appointed representative. The schedule is prepared after the close of entries and is based strictly on the number of events and competitors.
*Subject to changes

3. Rules Governing Entries

- 3.1 Only events stated in the official Event Information will be offered.
- 3.2 Each participant is allowed to participate in a maximum of **2 individual events** and **1 relay event** and must represent one organisation only.
- 3.3 The closing date for all entries shall be on **8 July 2016**.
- 3.4 All entries must be submitted via the email address provided.

- 3.5 SDSC reserves the authority to combine classes depending on entries and/or cancel an event due to low entries.

4. Procedure on Reporting to the Competitors' Stewards

- 4.1 Appointed representatives are responsible for marshalling the competitors to the competitors' stewards / Call Area.
- 4.2 Competitors must report immediately to the competitors' steward or Call Area without delay once their events are due to be called.
- 4.3 Competitors of each event will be called to report to Call Room before their scheduled event commence. All liaison officers and appointed representatives may refer to the event notice board for the event that is being called.
- 4.4 Competitors who do not report after **3** repeated calls for an event would be excluded from the event and shall be indicated as **DNS** (did not start). Competitors who report after the next event is called will not be allowed to compete unless they are involved in another event or in prize giving when the event is announced.
- 4.5 Appointed representatives must inform the competitor steward if their athletes are involved in another event or prize giving when their names are called.

5. The Start

- 5.1 No competitor shall report directly to the starter.
- 5.2 The organizers will provide starting blocks if requested and no personal blocks are to be used.
- 5.3 Footwear will be subjected to clearance before competition.

6. The False Start

- 6.1 See Annex A, False Start.

7. Competition Arena

- 7.1 Only competitors who are scheduled for a particular event shall be allowed to enter the competition arena.
- 7.2 Only officials on duty shall be allowed to remain in the arena.

8. Results of the meet

- 8.1 The final competition results shall be time-based. Hence, there shall be no heats for all track events.
- 8.2 Two or more events may combine if there are insufficient competitors. Results will be recorded based on each individual's performance in his/hers category.
- 8.3 There shall be only three throws/jumps for field events.
- 8.4 Results of the meet will be posted on the results' notice board as and when they become available. No competitor, liaison officer or representative shall approach the meet officials for results.

9. Prizes

- 9.1 Prizes will be awarded to the first three placing and base on the Start List's number of competitors.
 - 9.1.1 For events with less than four competitors, the 'minus one' rules will apply for prizes to be awarded. One prize for two competitors, two prizes for three competitors and three prizes for four or more competitors.
 - 9.1.2 Prize will be awarded to the only one competitor if he/she breaks previous year's record in the event participated
- 9.2 In the event of a tie for second placing, no prizes will be awarded for the third placing.
- 9.3 In the event of a tie for the third placing, prizes will be awarded for all winners.
- 9.4 Prizes for each completed event will be presented soon upon completion of the last event for the day. All medallists are requested to report to the Victory Ceremony holding area immediately after being advised by officers-in-charge or victory ceremony officials. If competitors are unable to report to the victory ceremony officials, a representative shall collect the prize on behalf of the competitor.



10. Prize Money

- 10.1 The Highest Participation Award will be based on the number of participants from the special schools, and organizations or clubs.
- 10.2 The Best Team Performance Award will be based on the total number of gold medals.
 - 10.2.1 In the event of a tie for the award, the team will be awarded based on the total number of silver medals followed by the total number of bronze medals.
 - 10.2.2 In the event of a tie by the total number of bronze medals, prize money will be shared among the winners.
- 10.3 The Best Individual Performance Award will be based on the total number of gold medals.
 - 10.3.1 In the event of a tie for the award, the individual will be awarded based on the number of events participated and the total number of participants in the events. The athlete that participates in events with more participants will be ranked higher.
- 10.5 The organizing committee reserves the right to determine the winners for all awards.

11. Protest

- 11.1 Any technical protest or objection by a competitor or team against the conduct, eligibility or placing of another competitor or team, shall be made to the Meet Director within thirty [30] minutes following the conclusion of the respective event together with a deposit of **one hundred Singapore dollars [\$100.00]**. Only the responsible team leader shall lodge the protest. A Jury Panel, Sport technical official of SDSC and SAA Technical adviser shall resolve such protests, and its decision shall be final.



ANNEX A

IAAF COMPETITION RULES 2016-2017 FALSE START

- Rule 162.6. 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 judgement of the Starter or Recalls, he does so any earlier, it shall be deemed a false start.
- Rule 200.8(c) In the Track Events, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified.