



45th NATIONAL INCLUSIVE ATHLETICS CHAMPIONSHIPS 2017

EVENT INFORMATION

Objective

- 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:

Toa Payoh Stadium

Event Date/Time:

Sunday 9 July 2017, 8:00am (Admission). 9:00am (1st Event starts)

Categories:

- Open Division: 15 years old and above (Born on 31st Dec 2002 and before)
- Senior Division: 13 & 14 years old (Born on 1st Jan 2003 – 31st Dec 2004)
- Junior B Division: 10 – 12 years old (Born on 1st Jan 2005 to 31st Dec 2007)
- Junior A Division: 7-9 years old (Born on 1st Jan 2008 – 31 Dec 2010)
- ACE Division: Non-Singaporeans and non-Permanent Residents (Born on 1st Dec 2010 & before)

Eligibility:

- Singaporean or Permanent Residents
- With either Intellectual Impairment / Visual Impairment / Physical Impairment (one of the ten eligible impairment types identified in the "Policy on Eligible Impairments in the Paralympic Movement."
- Deaf / Hard of Hearing
- Non-Singaporeans and Non-Permanent Residents may participate in the ACE Category

Classification:

Visual Impairment (Classes T/F 11 - 13)

Intellectual Impairment (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)

Deaf & Hard of Hearing, Persons with hearing loss (T/F D)

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

VI - Visual Impairment - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication or operation.

Eligibility for this category:

-Singaporean or PR

-A person certified by a medical practitioner to have Visual Impairment. (Please submit a copy together with entry form)

-Damage to one or more of the components of the vision system, which can include:

- . Impairment of the eye structure/receptors
- . Impairment of the optic nerve/optic pathways
- . Impairment of the visual cortex

II - Intellectual Impairment - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

Eligibility for this category:

-Singaporean or PR

-A person certified by a medical practitioner to have Intellectual Impairment. (Please submit a copy together with entry form)

-An IQ of 75 or below,

-Significant Limitations in adaptive behaviour

-Impairment must have been present before the age of 18.



PI - Physical Impairment - Refers to either with a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

Eligibility for this category:

-Singaporean or PR

-A person certified by a medical practitioner to have Physical Impairment. (Please submit a copy together with entry form)

-Internationally and/or locally classified

D - Deaf and Hard of Hearing – Persons with Hearing Loss

Eligibility:

1. Singaporean or Permanent Resident

2. To obtain eligibility qualification and endorsement by the Deaf Sports Association (Singapore)

Entry Fees:

\$10.00 per participant

Please send your payments by Internet Transfer to:

Singapore Disability Sports Council

Account number: 033-021741-2 (DBS)

Please include:

Your name as in bank records:

Purpose of payment: Athletics x (number of athletes)

To register:

Last day of Entry Forms submission is **5pm 28 June 2017**

Submit via:

Email: nationalathletics@sdsc.org.sg

If you do not know your detailed classification, please email to nationalathletics@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 27 June 2017. 9am – 12pm

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

*Subject to changes

Open Division Male & Female

15 years old and above (Born on 31st Dec 2002 and before)

Senior Division Male & Female

13 – 14 years old (Born on 1st Jan 2003 – 31 Dec 2004)

Junior B Division Male & Female

10-12 years old (Born on 1st Jan 2005 – 31 Dec 2007)

Junior A Division Male & Female

7-9 years old and below (Born on 1st Jan 2008 – 31st Dec 2010)

ACE Division

Non-Singaporean and Non-Permanent Residents (Born on 31st Dec 2010 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							•				
Deaf & Hard of Hearing – Persons with hearing loss Class T D	•		•								
Deaf & Hard of Hearing - Persons with Hearing Loss Class F D							•				
Cerebral Palsy (Wheelchair) Classes T 31 - 34	•	•									
Cerebral Palsy (Wheelchair) Classes F 31 - 34							•				
Cerebral Palsy (Wheelchair) Classes F 31 - 32											•

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											
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											•

EVENT	100m	400m	4x100m	Shot Put	Long Jump
Senior 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				•	
Deaf & Hard of Hearing – Persons with Hearing Loss Class T D	•				
Deaf & Hard of Hearing - Persons with Hearing Loss Class F D				•	
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				•	

EVENT	100m
Junior B 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	•
Intellectual Disability Class T 20	•
Deaf & Hard of Hearing Persons with Hearing Loss Class T D	•
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	•

EVENT	100m
Junior A 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	•
Intellectual Disability Class T 20	•
Deaf Class T D	•
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	•

EVENT	100m
ACE Division Men/Women The sport class consists of a prefix "T" for Track events and "F" for Field events	
All impairments and classes	•

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

* Taken and modified with reference from IPC Athletics

Class F11 – 13

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F11-13	2kg	1kg	800g	600g	7.26kg	4kg	NE
Senior	F11-13	1kg	1kg	700g	500g	4kg	3kg	NE

Senior - Reference from IPC U/16

Class F20

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F20	2kg	1kg	800g	600g	7.26kg	4kg	NE
Senior	F20	1kg	1kg	700g	500g	4kg	3kg	NE

Senior - Reference from IPC U/16

Class F D

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F D	NE	NE	NE	NE	7.26kg	4kg	NE
Senior	F D	NE	NE	NE	NE	4kg	3kg	NE

Class F31-38

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F31	NE	NE	NE	NE	NE	NE	397g
Open	F32	1kg	1kg	NE	NE	2kg	2kg	397g
Open	F33	1kg	1kg	600g	600g	3kg	3kg	NE
Open	F34	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F35	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F36	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F37	1kg	1kg	600g	600g	5kg	3kg	NE
Open	F38	1.5kg	1kg	800g	600g	5kg	3kg	NE
Senior	F31	NE	NE	NE	NE	NE	NE	397g
Senior	F32	750g	750g	NE	NE	1kg	1kg	397g
Senior	F33	750g	750g	500g	500g	2kg	2kg	NE
Senior	F34	750g	750g	500g	500g	3kg	2kg	NE
Senior	F35	750g	750g	500g	500g	3kg	2kg	NE
Senior	F36	750g	750g	500g	500g	3kg	2kg	NE
Senior	F37	750g	750g	500g	500g	3kg	2kg	NE
Senior	F38	750g	750g	600g	500g	3kg	2kg	NE

Senior - Reference from IPC U/16

Class F40-46

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F40,F41	1kg	750g	600g	400g	4kg	3kg	NE
Open	F42	1.5kg	1kg	800g	600g	6kg	4kg	NE
Open	F43,F44	1.5kg	1kg	800g	600g	6kg	4kg	NE
Open	F45	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F46	1.5kg	1kg	800g	600g	6kg	4kg	NE
Senior	F40,F41	NE	NE	NE	NE	NE	NE	NE
Senior	F42	1kg	1kg	600g	400g	4kg	3kg	NE
Senior	F43,F44	1kg	1kg	600g	400g	4kg	3kg	NE
Senior	F45	750g	750g	500g	400g	3kg	2kg	NE
Senior	F46	1kg	1kg	600g	400g	4kg	3kg	NE

Senior - Reference from IPC U/16

Class F51-57

Div	Classes	Discus (Men)	Discus (Women)	Javelin (Men)	Javelin (Women)	Shot Put (Men)	Shot Put (Women)	Club Throw
Open	F51	1kg	1kg	NE	NE	NE	NE	397g
Open	F52	1kg	1kg	600g	600g	2kg	2kg	NE
Open	F53	1kg	1kg	600g	600g	3kg	3kg	NE
Open	F54	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F55	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F56	1kg	1kg	600g	600g	4kg	3kg	NE
Open	F57	1kg	1kg	600g	600g	4kg	3kg	NE
Senior	F51	750g	750g	NE	NE	NE	NE	397g
Senior	F52	750g	750g	400g	400g	2kg	2kg	NE
Senior	F53	750g	750g	400g	400g	2kg	2kg	NE
Senior	F54	750g	750g	400g	400g	2kg	2kg	NE
Senior	F55	750g	750g	400g	400g	2kg	2kg	NE
Senior	F56	750g	750g	400g	400g	2kg	2kg	NE
Senior	F57	1kg	750g	500g	400g	2kg	2kg	NE

Senior - Reference from IPC U/16



45th NATIONAL INCLUSIVE ATHLETICS CHAMPIONSHIPS 2017

RULES AND REGULATIONS

1. Organising Committee

- 1.1 The Championship shall be jointly organized by Singapore Disability Sports Council (SDSC) Deaf Sports Association (DSA).
- 1.2 Singapore Disability Sports Council (SDSC) and Deaf Sports Association (DSA) shall have jurisdiction over all matters.

2. General Information

- 2.1 Minimum age for all competitors is **7 years (born in the year 2010 and before)**.
- 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 IPC ATHLETICS RULES (where appropriate) & IAAF RULES.
- 2.4 Eligibility Criteria will be according to IPC Athletics classification (VI, II, PI).
- 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 5pm 28 June 2017.



- 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. Competition Arena

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

7. Results of the meet

- 7.1 The final competition results shall be time-based. Hence, there shall be no heats for all track events.
- 7.2 Two or more events may combine if there are insufficient competitors. Results will be recorded based on each individual's performance in his/her category.
- 7.3 There shall be 6 throws (field events) / jumps (long jump).
- 7.4 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.

8. Medal

- 8.1 Medals will be awarded to the first three placings.
- 8.2 In the event of a tie for first, both will be awarded for the first placing. The next placing will be third placing.
- 8.3 In the event of a tie for second placing, no medal will be awarded for the third placing.
- 8.4 In the event of a tie for the third placing, medal will be awarded for all winners
- 8.5 Medals for each completed event will be presented at the Victory Ceremony session. All medallists are requested to report to the Medal Ceremony holding area immediately after being advised by officers-in-charge or Prize Steward. If competitors are required to report to the Competitors Marshall, a representative shall collect the prize on behalf of the competitor.

9. Protest

- 9.1 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.