

**NATIONAL PARA ATHLETICS CHAMPIONSHIPS 2026  
&  
INTER-SCHOOL PARA ATHLETICS CHAMPIONSHIPS 2026**

<b>1</b>	<b><u>INTRODUCTION</u></b>	
	The Singapore Disability Sports Council (SDSC) is pleased to invite all schools, associations, clubs and individuals to participate in the National Para Athletics Championships & Inter-School Para Athletics Championships on 25 April 2026 (Saturday).	
<b>1.1</b>	<b>Objectives:</b>	
	<ul style="list-style-type: none"> <li>• Creating opportunities for persons with disability to compete</li> <li>• Providing a platform for inter-school competition</li> <li>• Recruiting potential newcomers to the national or national development squads</li> <li>• Nominating athletes to represent Singapore at major/international competitions</li> </ul>	
<b>2</b>	<b><u>GENERAL INFORMATION</u></b>	
<b>2.1</b>	<b>Venue:</b>	Home of Athletics 8 Stadium Blvd, Singapore 397804
<b>2.2</b>	<b>Event Date/Time:</b>	<b>25 April 2026 (Saturday)</b> 8:00 am (Admission) 9:00 am (Event starts) 4:00 pm (Event concludes) *subjected to changes. Detailed event schedule will be available after entry closes  <b>Team Manager Meeting (Online)</b> 22 April 2026 (Wednesday) 12pm-1pm
<b>2.3</b>	<b>Categories:</b>	<b><u>National Championships</u></b> Open Categories (Open): Open Age category  Under-7 (U7) Boys and Girls: Any athlete of 5 or 6 years on 31 December in the year of the competition (2026).  <b><u>Inter-School Championships</u></b> Under-20 (U20) Boys and Girls: Any athlete of 17, 18 or 19 years on 31 December in the year of the competition (2026).  Under-17 (U17) Boys and Girls: Any athlete of 15 or 16 years on 31 December in the year of the competition (2026).  Under-15 (U15) Boys and Girls: Any athlete of 13 or 14 years on 31 December in the year of the competition (2026).  Under-13 (U13) Boys and Girls: Any athlete of 10, 11 or 12 years on 31 December in the year of the competition (2026).

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		Under-10 (U10) Boys and Girls: Any athlete of 7, 8 or 9 years on 31 December in the year of the competition (2026).
<b>2.4</b>	<b>Eligibility:</b>	<p>As a national level of competition, all schools, clubs, individuals are to ensure that participants who are chosen to participate possess the ability and skills required to compete proficiently for their safety.</p> <p>Has either Physical Impairment, Visual Impairment, Intellectual Impairment, Deaf/Hard of Hearing, Autism (II3), Down Syndrome (II2). Refer to 2.7 for classification requirements.</p>
<b>2.5</b>	<b>Entry Fees:</b>	<p><b><u>SDSC members</u> – S\$10.00 per participant</b>  <b><u>Non-members</u> – S\$30.00 per participant</b></p> <p>Kindly wait for SDSC to issue an invoice to the Team and payment can be made by Bank Transfer or Paynow.          *Entry fees must be paid before entry can be confirmed during TM Meeting</p>
<b>2.6</b>	<b>Registration Deadline:</b>	<p><b><u>9th March 2026</u></b></p> <p>Submit all necessary documents via email to <a href="mailto:chiho.yoon@sdsc.org.sg">chiho.yoon@sdsc.org.sg</a> Payments must also be made before the Team Manager meeting.</p> <p>Late entries will <u>not</u> be accepted. Changes of entries will <u>not</u> be allowed after the registration deadline. Start lists will be available on SDSC website from 24 April 2026.</p>
<b>2.7</b>	<b>Classification</b>	<p><u>U7, U10, U13, U15 categories</u></p> <p>a) Physical Impairment Standing (PI) – 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 and defined as the participants will compete standing and without any assistance.</p> <p>b) Physical Impairment Wheelchair (PI) – 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 and defined as the participants will compete in a wheelchair.</p> <p>c) Intellectual Impairment (II) – Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. An IQ of 75 or below. Significant Limitations in adaptive behaviour. Impairment</p>

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	<p>must have been present before the age of 18.</p> <p>d) Visual Impairment (VI) – Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication or operation. Damage to one or more of the components of the vision system.</p> <p>e) Deaf/Hard of Hearing - Defined as a hearing loss of at least 55 dB per tone average in the better ear. (3-tone frequency average at 500, 1000 and 2000 Hertz, ISO 1969 Standard)</p> <p>f) VIRTUS Categories:          II2 - Down Syndrome          II3 - A formal diagnosis of autism (ASD) carried out by a qualified practitioner using accepted diagnostic techniques.</p> <p><u>U20 &amp; U17 categories</u>          Holds a valid local- or internationally-recognised classification<sup>1</sup> status</p> <p>Participants who do not have a valid classification status must attend local classification.</p> <p><b><u>Please contact <a href="mailto:chiho.yoon@sdsc.org.sg">chiho.yoon@sdsc.org.sg</a> to request classification by 9th March 2026, if you belong to the following groups and do not have a valid classification status due to scheduling of classifiers.</u></b></p> <p><u>a) Intellectual Impairment Classification (U20 and U17)</u>          Dates: TBC          Time: AM          Venue: TBC</p> <p><u>b) Physical Impairment Classification (U20 and U17)</u>          Dates: TBC          Time: AM or PM          Venue: TBC</p> <p>Do note that actual time slots will be allocated by SDSC.          *Subject to change</p> <p><u>c) Visual Impairment Classification (U20 and U17)</u></p>
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<sup>1</sup> Classification References:

PI, VI, II - <https://www.paralympic.org/athletics/classification>

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		<p>At least a Doctor's Memo to certify: Visual Acuity ranges from LogMAR 1.0 and above: and/or the visual field is constricted to a diameter of less than 40 degrees.</p> <p><u>d) Deaf/Hard of Hearing Classification (U20 and U17)</u> A medical memo of certifying eligibility.</p>
<b>2.8</b>	<b>Opening Ceremony</b>	<p>Singapore Para Sport Championships 2026 Opening Ceremony Date: 11 April 2026, Saturday Time: 8.00am to 10.00am Venue: Our Tampines Hub Community Auditorium (Level 3)</p> <p>Please refer to the Opening Ceremony Information Deck for more details.</p>
<b>2.9</b>	<b>For enquiries:</b>	<p>Please contact SDSC at <a href="mailto:chiho.yoon@sdsc.org.sg">chiho.yoon@sdsc.org.sg</a> or call +65 6342 3501</p>

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**3     EVENT OFFERED**

<b>Track Events</b>				
<b>Event (Male / Female)</b>	<b>Class (Physical Impairment)</b>	<b>Class (Intellectual Impairment T20/ II2 / II3)</b>	<b>Class (Visual Impairment)</b>	<b>Class (Deaf/Hard of Hearing)</b>
60m U7, U10	✓	✓	✓	✓
100m U10, U13, U15, U17, U20 & Open	✓	✓	✓	✓
200m U13, U15, U17, U20 & Open	✓	✓	✓	✓
400m U15, U17, U20 & Open	✓	✓	✓	✓
60m Frame Running (Finisher)  100m Frame Running (Timed event)	✓			

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<b>Jump &amp; Field Events</b>				
<b>Event (Male / Female)</b>	<b>Class (Physical Impairment)</b>	<b>Class (Intellectual Impairment T20/ II2 / II3)</b>	<b>Class (Visual Impairment)</b>	<b>Class (Deaf/Hard of Hearing)</b>
Long Jump  U13, U15, U17, U20 & Open	✓	✓	✓ 1m	✓
Shot Put (Standing)  U10, U13, U15, U17, U20 & Open  *REFER WORLD PARA ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES	✓	✓		U10, U13, (Boys 2kg and Girls 2kg)  U15 (Boys 4kg and Girls 3kg)  U17 (Boys 5kg and Girls 3kg)  U20 (Boys 6kg and Girls 4kg)
Javelin (Standing)  U17, U20 & Open  *REFER WORLD PARA ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES	✓	✓		✓

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**3.1 Event Order (TBC)**

**TRACK (Men / Female)**

60m : - U10, U7

60m : Frame Running (Finisher)

100m : Open, U20, U17, U15, U13, U10

100m Frame Running

400m : Open, U20, U17, U15

200m : Open, U20, U17, U15, U13

**FIELD (Men / Female)**

Long Jump - Open, U20, U17, U15, U13

Shot Put - Open, U20, U17, U15, U13, U10

Javelin - Open, U20, U17

<b>4</b>	<b><u>EVENT REGULATIONS</u></b>
<b>4.1</b>	<b>Organiser</b>
4.1.1	SDSC, as the championship organiser, shall have jurisdiction over all matters.
<b>4.2</b>	<b>Sports Entries</b>
4.2.1	All events shall be conducted on a timed-finals format.
4.2.2	Minimum age for all competitors is 5 years old (born in 2021).
4.2.3	There are no minimum qualifying standards but all participants <b>must at least be competent</b> in their respective events.
4.2.4	World Para Athletics Rules and Regulations shall apply for this championship. They can be found at <a href="https://www.paralympic.org/athletics/rules">https://www.paralympic.org/athletics/rules</a> .
4.2.5	Eligibility criteria will follow the World Para Athletics Sports Classification. ( <a href="https://www.paralympic.org/athletics/rules">https://www.paralympic.org/athletics/rules</a> )
4.2.6	Athletes wishing to participate in a higher division must indicate in the registration form. Athletes can only compete in ONE DIVISION and ONE CLASS. Their participation is subject to the approval of the Organiser.
4.2.7	The Organiser reserves the right to combine events dependent on the number of entries.

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4.2.8	Please refer to <u>Event Offered</u> for the complete list of events offered.
4.2.9	The *Event Start List shall be prepared after the close of entries, based strictly on the number of events and competitors. It shall be available for download on the SDSC website ( <a href="http://www.sdsc.org.sg">www.sdsc.org.sg</a> ) and emailed to the appointed team representative. *Subject to changes
4.2.10	Entries shall be considered valid only upon proof of payment.
<b>4.3</b>	<b>Refund and Cancellation</b>
4.3.1	There shall be no refund of entry fees after the close of entries, regardless of whether the event proceeds or is cancelled. An event cancellation would only take place should there be a genuine safety or viability concern by the Organiser.
<b>5</b>	<b><u>EVENT PROCEDURES</u></b>
<b>5.1</b>	<b>Reporting to competition officials</b>
5.1.1	Persons-in-charge and team managers are responsible for marshalling the participants to the Call Room. Persons-in-charge and team managers are NOT to stay in the Call Room with the participants.
5.1.2	Participants of each event must report to the Call Room at least 15 minutes before their scheduled event commences. Persons-in-charge and team managers may refer to the event notice board for the event that is being called.
5.1.3	Participants who do not report at the stipulated time for an event would be excluded from the event and shall be indicated as <b>DNS</b> (did not start). Participants who report after the next event is called will not be allowed to compete unless they have been involved in another event or in prize giving when the event is announced.
5.1.4	Persons-in-charge and team managers must inform the competitor officials if their athletes are involved in another event or prize giving when their names are called.
<b>5.4</b>	<b>Results of the meet</b>
5.4.1	The final competition results shall be time-based. There shall be no heats for all events.



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5.4.2	Two or more events may combine if there are insufficient participants. Results will be recorded based on each individual's performance in his/her category.								
5.4.3	Results of the meet will be posted on the results' notice board as and when they become available. No participant, person-in-charge or team manager shall approach the meet officials for results.								
<b>6</b>	<b><u>MEDALS</u></b>								
6.1	Prizes will be awarded to the first three placings for competitive events.								
6.2	In the event of a tie for second placing in competitive events, no medal will be awarded for the third placing.								
6.3	In the event of a tie for the third placing in competitive events, medals will be awarded for all winners.								
<b>7</b>	<b><u>PRIZE MONEY (Nationals only)</u></b>								
7.1	Prize money in the form of vouchers will be awarded as follows: 1st Place - \$30 2nd Place - \$20 3rd Place - \$10  In the event where there are 3 or fewer competitors, the minus-one rule will apply for vouchers only. Medals will still be awarded.								
<b>8</b>	<b><u>SCHOOLS CHALLENGE TROPHY</u></b>								
8.1	The following schools are eligible for the Schools Challenge Trophy: <ul style="list-style-type: none"> <li>- MOE Mainstream Schools</li> <li>- Government funded Special Education Schools</li> </ul> <a href="https://www.moe.gov.sg/special-educational-needs/sped-schools">(<a href="https://www.moe.gov.sg/special-educational-needs/sped-schools">https://www.moe.gov.sg/special-educational-needs/sped-schools</a>)</a>								
8.2	The school, with the highest points, in each of the following will be awarded the Schools Challenge Trophy. <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="text-align: center;">Impairment - Intellectual, Down Syndrome, Autism</th><th style="text-align: center;">Impairment - Physical, Visual, Deaf</th></tr> </thead> <tbody> <tr> <td style="text-align: center;">U10 category</td><td style="text-align: center;">U10 category</td></tr> <tr> <td style="text-align: center;">U13 category</td><td style="text-align: center;">U13 category</td></tr> <tr> <td style="text-align: center;">U15 category</td><td style="text-align: center;">U15 category</td></tr> </tbody> </table>	Impairment - Intellectual, Down Syndrome, Autism	Impairment - Physical, Visual, Deaf	U10 category	U10 category	U13 category	U13 category	U15 category	U15 category
Impairment - Intellectual, Down Syndrome, Autism	Impairment - Physical, Visual, Deaf								
U10 category	U10 category								
U13 category	U13 category								
U15 category	U15 category								

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	U17 category	U17 category
	U20 category	U20 category
	In the event of a tie, the school with the highest coefficient will be awarded the Challenge Trophy	
	coefficient = Total number of medals ÷ Total number of participants	
8.3	Challenge Trophy Points	
	Type	No. of points
	Participation	
	Every student with disability	1
	Performance	
	1st placing	3
	2nd placing	2
	3rd placing	1
	Bonus for participation	
	5 to 9 students w/ disabilities	10
	10 to 19 students w/ disabilities	20
	20 to 29 students w/ disabilities	30
	30 to 39 students w/ disabilities	40
	40 or more students w/ disabilities	50
9	<b><u>PROTEST</u></b>	
9.1	Protest to be lodged with the referee verbally first. The referee would decide on the protest. This is to be in line with World Para Rules & Regulation - Rule 50: Protest & Appeal protocol.  Then you can proceed with 9.2	
9.2	Any technical protest or objection by a participant or team shall be made to the Meet Director within thirty [30] minutes following the publication of	

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	the official results together with a deposit of <b>one hundred Singapore dollars [\$100.00]</b> . This deposit shall be refunded if the protest or objection is confirmed to be valid by the Meet Director, or else it shall be forfeited.
9.3	Only the Team Manager or Person-in-Charge shall lodge the protest by filling the Protest Form. A Jury Panel shall resolve such protests, and its decision shall be final.
<b>10</b>	<b><u>RISK MANAGEMENT</u></b>
10.1	All sport activities contain some form of risk. While the Organiser has undertaken all measures deemed necessary to ensure safety at the event, it is the onus of the Participant and / or their Team Manager / Coach / Teacher-in-Charge / Carer to determine whether it is safe for the Participant to take part in the event. The Organiser shall not be responsible or assume liability for any injury to and death of persons, or loss of or damage to property, which may be sustained during the activity arising from any cause in connection with the activity.
10.2	The Organiser will be providing paramedic / registered nurse and ambulance services in case of emergencies during the event. However, any hospitalisation, inpatient, outpatient or emergency costs that may be incurred by the Participant shall remain the responsibility of the Participant.
<b>11</b>	<b><u>PERSONAL DATA PROTECTION</u></b>
11.1	All Participants who are entered in the championship are deemed to have given written permission to the Organiser to collect, analyse and collate any personal information relating to that Participant, as the Organiser may in their sole discretion deem fit, including without any limitation information for the Organiser's programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SDSC.
<b>12</b>	<b><u>FILMING AND PHOTOGRAPHY</u></b>
12.1	Photographs and videos will be taken at this event, and be used to promote the sport. This could include the use of photographs and videos on our social media or other public engagement platforms.
12.2	As it may not be viable to administer censorship during the photography or videography procedures, the Organiser shall endeavour to censor individuals, based on their requests, before any use of the photos or videos. Such censorship may be requested by the Participant by completing the Photography and Videography Refusal Form (Form B), or speaking to the Meet Director, who shall then refer the Participant to the event's communications team.



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**SPORT CLASSES IN PARA ATHLETICS**

**<https://www.paralympic.org/athletics/classification>**

**TRACK AND JUMP (PREFIX T FOR TRACK)**

**DISCIPLINE: Running and jumping (20 classes)**

SPORT CLASSES (Impairment types):

T11-13 (Vision impairment)

T20 (Intellectual impairment)

T35-38 (Co-ordination impairments (hypertonia, ataxia and athetosis))

T40-41 (Short stature)

T42-44 (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)

T45-47 (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)

T61-64 (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

**DISCIPLINE: Wheelchair racing (7 classes)**

SPORT CLASSES (Impairment types):

T32-34 (Co-ordination impairments (hypertonia, ataxia and athetosis))

T51-54 (Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)

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**SPORT CLASSES IN PARA ATHLETICS**

**<https://www.paralympic.org/athletics/classification>**

**THROWS (PREFIX F FOR FIELD)**

**DISCIPLINE: Standing throws (19 classes)**

SPORT CLASSES (Impairment types):

F11-13 (Vision impairment)

F20 (Intellectual impairment)

F35-38 (Co-ordination impairments (hypertonia, ataxia and athetosis))

F40-41 (Short stature)

F42-44 (Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement)

F45-46 (Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement)

F61-64 (Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference)

**DISCIPLINE: Seated throws (11 classes)**

SPORT CLASSES (Impairment types):

F31-34 (Co-ordination impairments (hypertonia, ataxia and athetosis))

F51-57 (Limb deficiency, leg length difference, impaired muscle power or impaired range of movement)



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**Form B**

**PHOTOGRAPHY AND VIDEOGRAPHY REFUSAL FORM**

Full Name of Participant:	
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I refuse permission for the use of images of my child or myself by the Organiser.

Signed by: (Name of Participant / Parent / Caregiver)

Date: