

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

1	<u>INTRODUCTION</u>	
	The Singapore Disability Sports Council (SDSC) is pleased to invite all schools, associations, clubs and individuals to participate in the Haw Par National Youth Para Athletics Championships on 26 September 2026 (Saturday).	
1.1	Objectives:	
	• Creating opportunities for youth with disability to compete • Recruiting potential newcomers to the national or national development squads • Nominating athletes to represent Singapore at major/international competitions	
2	<u>GENERAL INFORMATION</u>	
2.1	Venue:	Home of Athletics 8 Stadium Blvd, Singapore 397804
2.2	Event Date/Time:	26 September 2026 (Saturday) 9 am to 3 pm Team Manager Meeting (Online) 9 September 2026 (Wednesday) 12pm-1pm
2.3	Categories:	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). Under-10 (U10) Boys and Girls: Any athlete of 7, 8 or 9 years on 31 December in the year of the competition (2026). Under-7 (U7) Boys and Girls: Any athlete of 5, 6 years on 31 December in the year of the competition (2026).
2.4	Eligibility:	a) 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.

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

	b) With either Physical Impairment, Visual Impairment, Intellectual Impairment, Deaf/Hard of Hearing, Autism (II3), Down Syndrome (II2) c) (For Under-20 (U20) Boys and Girls & Under-17 (U17) Boys and Girls) Holds a valid local- or internationally-recognised classification¹ status Participants who do not have a valid classification status are required to attend local classification or complete the indicated steps, <u>if they fall under the groups stated in 2.7.</u> d) (For Under- 7, 10, 13, 15 (U7, U10, U13, U15) Boys and Girls) PI Standing – 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. PI Wheelchair – 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. 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 must have been present before the age of 18. 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. 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)
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¹ Classification References:

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

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

		Virtus Categories: II2 (Down Syndrome) II3 (Autism) - A formal diagnosis of autism (ASD) carried out by a qualified practitioner using accepted diagnostic techniques.
2.5	Entry Fees:	<u>SDSC members</u> – S\$10.00 per participant Non-members – S\$30.00 per participant Kindly wait for SDSC to issue an invoice to the Team and payment can be made by Bank Transfer & Paynow. *Entry fees must be paid before entry can be confirmed during TM Meeting
2.6	Registration Deadline:	<u>12th August 2026</u> Submit all necessary documents via email to <u>chiho.yoon@sdsc.org.sg</u>. 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
2.7	Local Classification For Under-20 (U20) Boys and Girls & Under-17 (U17) Boys and Girls:	<u>Please email to chiho.yoon@sdsc.org.sg to register for a local classification slot by 24 July 2026, if you belong to the following groups and do not have a valid classification status.</u> YOUR ENTRY MAY BE INVALIDATED IF THE ATHLETES ARE NOT CLASSIFIED NATIONALLY. Please email Chi Ho ASAP to secure a classification slot so that we can accept your entry. <u>a) Intellectual Impairment Classification (U20 and U17)</u> Dates: TBC Time: TBC Venue: TBC <u>b) Physical Impairment Classification (U20 and U17)</u> Dates: TBC Time: TBC Venue: TBC Do note that actual time slots will be allocated by SDSC. *Subject to change

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

		<u>c) Visual Impairment Classification (U20 and U17)</u> At least a Doctor's Memo to certify: Visual Acuity ranges from LohMAR 1.0 and above: and/or the visual field is constricted to a diameter of less than 40 degrees. <u>d) Deaf/Hard of Hearing Classification (U20 and U17)</u> An audiogram report or medical memo certifying eligibility: Diagnosed with 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).
2.8	For enquiries:	Please contact SDSC at chiho.yoon@sdsc.org.sg

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

3 EVENT OFFERED

Track Events				
Event	Class (Physical Impairment)	Class (Intellectual Impairment T20/ II2 / II3)	Class (Visual Impairment)	Class (Deaf/Hard of Hearing)
60m				
Under-10 (U10) Boys and Girls	✓	✓	✓	✓
100m				
Under-13 (U13) Boys and Girls				
Under-15 (U15) Boys and Girls	✓	✓	✓	✓
Under-17 (U17) Boys and Girls				
Under-20 (U20) Boys and Girls				
200m				
Under-13 (U13) Boys and Girls				
Under-15 (U15) Boys and Girls	✓	✓	✓	✓
Under-17 (U17) Boys and Girls				
Under-20 (U20) Boys and Girls				

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

400m				
Under-15 (U15) Boys and Girls				
Under-17 (U17) Boys and Girls	✓	✓	✓	✓
Under-20 (U20) Boys and Girls				
100m Frame Running Boys & Girls	✓			
Finisher Event (Non-Competitive)				
60m Frame Running Boys & Girls	✓	✓	✓	✓
60m Under-7 (U7) Boys and Girls				

Jump & Field Events				
Event	Class (Physical Impairment)	Class (Intellectual Impairment)	Class (Visual Impairment)	Class (Deaf/Hard of Hearing)
Long Jump				
Under-10 (U10) Boys and Girls				
Under-13 (U13) Boys and Girls				
Under-15 (U15) Boys and Girls	✓	✓	✓	✓
Under-17 (U17) Boys and Girls				
Under-20 (U20) Boys and Girls				

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

Shot Put (Standing)				
Under-10 (U10) Boys and Girls				
Under-13 (U13) Boys and Girls				U10, U13, (Boys 2kg and Girls 2kg)
Under-15 (U15) Boys and Girls				U15 (Boys 4kg and Girls 3kg)
Under-17 (U17) Boys and Girls	✓	✓		U17 (Boys 5kg and Girls 3kg)
Under-20 (U20) Boys and Girls				U20 (Boys 6kg and Girls 4kg)
*WORLD PARA ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES				

3.1 Event Order (TBC)

TRACK

60m – Boy/Girl
 60m Frame Running (Competitive)
 100m - Boy/Girl
 100m Frame Running (Competitive)
 400m - Boy/Girl
 200m - Boy/Girl

FIELD

Long Jump - Boy/Girl
 Shot Put - Boy/Girl

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

4	<u>EVENT REGULATIONS</u>
4.1	Organiser
4.1.1	SDSC, as the championship organiser, shall have jurisdiction over all matters.
4.2	Sports Entries
4.2.1	All events shall be conducted on a timed-finals format.
4.2.2	Minimum age for all competitors is 7 years old (born in 2019) .
4.2.3	There are no minimum qualifying standards but all participants must at least be competent in their respective events.
4.2.4	World Para Athletes Rules and Regulations shall apply for this championship. They can be found at https://www.paralympic.org/athletics/rules .
4.2.5	Eligibility criteria will follow the World Para Athletics Sports Classification. (https://www.paralympic.org/athletics/rules)
4.2.6	Athletes wishing to participate in a higher division must indicate in the registration form. Athletes can only compete in ONE CATEGORY 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.
4.2.8	Please refer to <u>Event Information</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 (www.sdsc.org.sg) and emailed to the appointed team representative. *Subject to changes
4.2.10	Entries shall be considered valid only upon proof of payment.
4.3	Refund and Cancellation
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

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

	would only take place should there be a genuine safety or viability concern by the Organiser.
5	<u>EVENT PROCEDURES</u>
5.1	Reporting to competition officials
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 DNS (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.
5.4	Results of the meet
5.4.1	The final competition results shall be time-based. There shall be no heats for all events.
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.
6	<u>MEDALS</u>
6.1	Medals will be awarded to the first three placings for competitive events.

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

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, medal will be awarded for all winners.
7	<u>PROTEST</u>
7.1	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 the official results together with a deposit of one hundred Singapore dollars [\$100.00] . 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.
7.2	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.
8	<u>RISK MANAGEMENT</u>
8.1	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.
8.2	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.
9	<u>PERSONAL DATA PROTECTION</u>
	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.

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

10	<u>FILMING AND PHOTOGRAPHY</u> 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. As it may not be viable to administer censorship during the photography or videography procedures, the Organiser shall endeavor 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)

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026

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)

HAW PAR NATIONAL YOUTH PARA ATHLETICS CHAMPIONSHIPS 2026**Form B****PHOTOGRAPHY AND VIDEOGRAPHY REFUSAL FORM**

Full Name of Participant:	
Event:	Haw Par National Youth Para Athletics Championships 2026

I refuse permission for the use of images of my child or myself by the Organiser.

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

Date:

Closing Date: 12 August 2026

Submit to chiho.yoon@sdsc.org.sg