



2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

Track & Field Wheelchair Division Guidelines

The MSHSL will offer 8 events in the Wheelchair Track and Field Division. The track events will include the 100M, 200M, 400M, 800M, 1600M, 3200M. The field event opportunities include the shot put and discus.

MSHSL Wheelchair Track & Field Eligibility

- All student athletes in grades 7-12 who have a permanent, physical disability may be eligible to participate on their school's track and field team
- Each athlete's permanent physical disability must be verified by a licensed physician and must be maintained on permanent file in the athletic office at the school
- Students who participate must meet all MSHSL eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets regardless of the number of wheelchair competitors
- The athletes must compete in their school's team uniform
- The student must compete in a minimum of three (3) meets to qualify for the Section meet

MSHSL Wheelchair Division Notification Process

- Schools must register with the MSHSL by the fourth Monday of the season if they will have athletes who will compete in the Wheelchair Division
- 24 hours prior to competition, schools must notify the school that they will compete against that they will have an athlete competing in the Wheelchair Division

MSHSL Wheelchair Track and Field Events

- Each student will have the opportunity to compete in the following events: 100M, 200M, 400M, 800M, 1600M, 3200M, shot put and discus
- A competitor may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. (Modifies Rule 4-2-1, 4-2-2)
- If a competitor competes in three track events, only two events may be 800 meters or longer. The penalty for violation is according to the National Federation Track and Field Rules, (**Modifies Rule 4-2-2**). All individual and team points earned by that competitor shall be forfeited
- Wheelchair shot put and discus will be divided into two (2) categories for both boys and girls based on the type of disability
 - Category 1 will be for athletes with any disability of the lower extremities (such as spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries)
 - Category 2 will be for athletes with disabilities that affect lower and upper extremities (such as cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury)

Track Event Rules – Wheelchair 100M, 200M, 400M, 800M, 1600M, and 3200M Races

The event shall follow MSHSL and NFHS rules with the following MSHSL modifications:

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 touch of the ground by the lower limb 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 event

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm
- The maximum diameter of the front wheel and inflated tire is 50 cm
- Each rear wheel may have one hand rim

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves
- Athletes may only propel the chair forward by pushing on the wheels or hand rims

Training:

- It is recommended that the athlete's coach meet with the athlete and his/her parents prior to the start of the season to determine the current conditioning level of the athlete
- Based upon this determination, the coach, with input from the athlete and parents, should determine appropriate workouts for the athlete and when actual competition may begin
- The school is responsible for providing the coach with all relevant information necessary to develop a safe training and competition environment

Wheelchair Division Heats

Athletes (male and female combined) competing in the wheelchair division will race in a combined girls and boys heat and will be scored separately by gender. NFHS Track and Field rules will apply:

- The Start: The center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crosses the finish line
- Wheeling in Lane: In any race in which competitors are assigned a distinct lane, competitors must stay in their designated lane. For races 400M or less, this includes the entire race. For races longer than 400M, the athlete must stay in their assigned lane until crossing completely over the designated break or cut line with both rear wheels. Touching or crossing the inner lane line in the curve for more than 10 consecutive feet results in disqualification. Crossing a lane line (inner or outer on the curve or straight) for any distance and impeding another competitor will result in disqualification.

- Passing or changing lanes: In the 800m or any race run out of lane, competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only

Regular Season, Section & State Event Information

- **100/200/400/800 Meter:** If there are 6/8/9 (depending on the number of lanes on the track) or fewer athletes competing in these WCD events, then the race will be held as a finals event. If more than 6/8/9 athletes compete there will be a preliminary race and 6/8/9 athletes will advance to the finals
- **1600 Meter & 3200 Meter:** A waterfall start line will be utilized. Athletes may cut to the 1st lane as soon as they have full clearance as described in the "Wheelchair Division Heats" section above. Both of these races will be held as finals events

Requirements of the Meet Official:

- The meet official will conduct all Wheelchair Division (WCD) events in separate heats. Male and female WCD athletes shall compete in the same heat unless the number of contestants exceeds the available lanes. At which time, male and female athletes will be split into 2 heats. At the State Meet – males and females may compete in separate heats.
- Permission to conduct wheelchair events is granted only by the MSHSL and is specific to certain athletes and schools
- A copy of the documentation allowing a school to compete in the wheelchair division must be provided to the meet official prior to the start of the meet
- A copy of these guidelines must be provided to the meet official prior to the start of the meet so that rules may be reviewed and if questions remain the official may contact the MSHSL
- **Starting Commands:**
In races less than 800m, the starting commands are "On your marks", "Set", followed by the firing of the starting device.
In races 800m or more, the starting commands are "On your marks", followed by the firing of the starting device.
- If an unsafe situation or mechanical failure should occur during a race, a competitor may be assisted back into his/her chair by a bystander in order to continue racing, if requested by the athlete

Schedule of Events – Regular Season

Boys	Girls
4 x 800-meter Relay	4 x 800-meter Relay
110-meter High Hurdles	100-meter High Hurdles
100-meter Dash	100-meter Dash
100-meter Wheelchair Race	100-meter Wheelchair Race
4 x 200-meter Relay	4 x 200-meter Relay
1600-meter Run	1600-meter Run
1600-meter Wheelchair Race	1600-meter Wheelchair Race
4 x 100-meter Relay	4 x 100-meter Relay
400-meter Dash	400-meter Dash
400-meter Wheelchair Race	400-meter Wheelchair Race
300-meter Intermediate Hurdles	300-meter Low Hurdles
800-meter Run	800-meter Run
800-meter Wheelchair Race	800-meter Wheelchair Race
200-meter Dash	200-meter Dash
200-meter Wheelchair Race	200-meter Wheelchair Race
3200-meter Run	3200-meter Run
3200-meter Wheelchair Race	3200-meter Wheelchair Race
4 x 400-meter Relay	4 x 400-meter Relay

- The boys and girls wheelchair races may be combined into a single co-gender event if the total number of lanes needed does not exceed 9 racers.
- The events will be placed separately by gender.

Field Event Rules – Wheelchair Shot Put and Discus

The event shall follow all MSHSL and NFHS rules with the following modifications:

- The shot put and discus throw will each be done in a separate flight just prior to the first flight of able-bodied athletes. All throws will be taken by the wheelchair athlete in a single sitting.
- All competitors must put the shot and throw the discus from a “chair” (manual wheelchair, throwing chair, power wheelchair). Scooters and “standing chairs” will not be allowed
- The upper most part of the cushion/seat on any chair may not exceed 75 cm (29.5inches).
- 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
- A coach may assist the athlete entering the circle
- Athletes shall throw from a "true seated" position.
- To minimize the contribution of the legs to athlete's performance, the athlete must remain seated with both legs in contact with the seat from the back of the knees to the bottom of the buttocks.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement

The classification for discus/shot put will be as follows:

- Category 1 will be for athletes with any disability of the lower extremities (such as spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries)
- Category 2 will be for athletes with disability that affect lower and upper extremities (such as cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury)
- Athletes competing in a Category 2 activity are eligible to compete in Category 1. However, if they choose to compete in Category 1, they cannot also compete in Category 2

Shot Put Weights:

- Boys Category 1 will use an 8.81 lb. shot
- Boys Category 2 will use a 6 lb. shot
- Girl's Category 1 and 2 will use a 6 lb. shot

Discus Weights:

- Boys Category 1 will use an 3.53 lb. discus
- Boys Category 2 will use a 2.20 lb. discus
- Girls Category 1 and 2 will use a 2.20 lb. discus

Scoring

The scoring system will be determined by League Staff after the fourth Monday of the season. One of the scoring systems below will be utilized for the entire season for both regular and post season competition.

- An athlete in the WCD will compete against the same gender for individual awards and team points within their designated class

Less than 32 Schools Participating

The following format will be utilized to determine scoring opportunities if there are less than 32 schools competing in the WCD:

- Points will be determined by taking the total number of WCD competitors within an event and divide them in half to determine the number of places that will receive points
- When one or two athletes are competing in the WCD, first place will be awarded 1 point, and second place will not receive any points toward the team score
- When three athletes are competing in the WCD, first place will be awarded 1 point, second place will receive .5 and the third place will not receive any points toward the team score
- If four athletes are competing in the WCD, first place will be awarded two points, second place will be awarded one point, third and fourth will not receive any points toward the team score

32 or More Schools Participating

The following format will be utilized to determine scoring opportunities if there are 32 or more schools competing in the WCD:

- When a wheelchair athlete competes against another wheelchair athlete of the same gender, and finishes first, two points will be awarded to his/her team. The second place finisher receives one team point. If three wheelchair athletes participate then the points will be awarded three, two and one. This scoring system will continue as illustrated in the table below

12 10 8 6 5 4 3 2 1

10 8 6 5 4 3 2 1

8 6 5 4 3 2 1

6 5 4 3 2 1

5 4 3 2 1

4 3 2 1

3 2 1

2 1

1

Awards

- Based on the number of competitors, individual places will be awarded from 1st through 9th at the state meet and 1st through 6th at the section meet