



Event Descriptions and Guidelines

Standing Long Jump

- 1) Competitors shall start with both feet on the ground with toes behind a designated line.
- 2) A competitor may rock back and forth before take-off, but must initiate the jump with both feet.
- 3) Distance is measured from the closest impression on the landing area made by any part of the body, (including clothing), to the take off line.

Softball/Tennis Ball Throw

- 1) Competitors may use any type of throw.
- 2) Competitors may use a standing, walking, or running approach, but must be behind the designated throwing line at the completion of the throw. At the completion of the throw, the competitor should exit out the back of the throwing area.
- 3) The ball must land within the designated throwing sectors.
- 4) Each throw shall be measured and the longest throw will be used for scoring. Distance is measured from the point at which the ball lands, back to the throwing line.

Turbo Jav

- 1) Competitors must throw the Turbo Jav with an over-arm, over the shoulder throwing motion.
- 2) Competitors may use a standing, walking, or running approach, but must be behind the designated throwing line at the completion of the throw. At the completion of the throw, the competitor should exit out the back of the throwing area.
- 3) The Turbo Jav must land with its nose (point) first and within the designated throwing sectors.
- 4) Each throw shall be measured and the longest throw will be used for scoring. Distance is measured from the point at which the point of the Turbo Jav lands, back to the throwing line.

Wheelchair Throws

- 1) Wheelchair throws are conducted in the same manner as other throws with the wheelchair wheels remaining behind the designated throwing lines or ring

Running Races--Mile, 50 meter, and 100 meter

- 1) For all races the athletes should be practicing runs of approximately the same distance as they will race at the competition.
- 2) Competitors may use any standing starting stance, but must have their feet behind the designated starting line.

Manual Wheelchair Races (W/C): 10 meter, 25 meter, and slalom

1. Competitors begin with the forward two wheels of the chair behind the designated start line, and complete the race when the forward two wheels of the chair cross the finish line
2. Wheelchair competitors should not be assisted in this event. If competitors need assistance to propel their wheelchairs, please see the Assisted events below.
3. Wheelchair slalom races will be raced in and out of four cones placed in a straight line 15 feet apart. The start and finish lines will be 15 feet from the first and fourth cones. Competitors may touch but not run over cones.

Motorized Wheelchair Races (M W/C): 10 meter, 25 meter, and slalom

- 1) All of the same rules apply for the Motorized Wheelchair Races except that the chair is motorized.

Assisted Wheelchair Races (A W/C): 10 meter, 25 meter, and slalom

- 1) All of the same rules apply for the Assisted Wheelchair Races as for the other Wheelchair Races, except that in the assisted races the competitors' chairs may be propelled by someone else

Motor Activities Training Program (MATP) Guidelines

These activities are specifically designed to model some competitive athletic events, but are adapted for those students who are not yet ready to participate in the traditional style track and field events. This area is mainly for students in the OH and SMH classes.