



## COMPETITION GUIDELINES

### 1. RACES:-

100 Mtr, 200 Mtr, 400 Mtr, 800 Mtr, and 1500 Mtr Run.

(a) Each B1 competitor is required to run with a sighted Runner/Guide for orientation. B2 athlete has the option to use sighted Runner/Guide. No such runner/guide is allowed for B3 categories.

(b) The guide and the competitor must wear P.T. Shoes/Spikes/Sports Shoes and the runner would receive orientation from the guide either with verbal instructions or by elbow lead or by joining himself/herself with the guide by a tether, one of which would be held in the hand of the runner and tied to his/her wrist/arm and the other end held by the Athletic guide and tied to his/her wrist/arm. Tether will be provided by the organizers.

(c) The guide must stay behind the runner at the time of his or her crossing the finishing line.

(d) The runner and the guide would use adjoining two lanes, thus, a team of 4 runners-guides would run at a time.

(e) No auditory clues would be provided.

(f) Spikes/Sports Shoes would be allowed, which will need to be arranged by the participants themselves.

(g) Competitors obtaining the first three positions in the finals of the events would be awarded.

(h) The competitors would first run in different heats and depending upon the number of participants, would qualify for semi-finals and finals, on the basis of their performance.

(i) Method of guidance for 100 Mtr, 200 Mtr, 400 Mtr, 800 Mtr, and 1500 Mtr run (B1 & B2 Category only):

Competitors and guide (team's escorts) are a unit in the competition. At no time shall the guide pull or pace the competitor. The guide's distance from the blind competitor shall be between 0.35 and 0.45 Mtrs. The competitor could receive verbal instruction only from the guide for orientation while running.

### 2. THROWS AND JUMPS:-

In throws and jumps events, three preliminary chances will be given to each competitor. On the basis of his/her performance in these preliminary chances, the best eight for each event will be selected. The selected competitors shall again be given three chances to show their best performance. The best performance out of the total six attempts shall be



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taken into account for the result. In the event of Long Jump competition, the competitor is allowed to run or take steps behind the take-off area.

Throwing competition rules :-

Escorts and/or callers may be used only by throwers in category B-1. Competitors in category B-1 and in category B-2 must be brought to the throwing circle or runway by an escort.

It is the task of the escort to help the Athlete orient himself or herself in the throwing circle or on the runway before the throwing attempt. The escort must leave the runway or the circle before the start of the event.

Acoustic orientation is permitted for Athletes in category B-1 and B-2 before, during and after their throwing attempts.

Competitors in B-1 and B-2 may be escorted to the throwing circle or runway only after the Judges have determined whether the attempt is valid or not. If the Judge determines that an escort who is providing acoustic orientation is at a unsafe location, the Judge shall ask the escort to move.

Long Jump Escort and/or callers may be used in B-1 & B-2 categories.

Measurement of the length of the jump in B-1 & B-2 competition will be made for the point of landing in the pit to the nearest impression left by the take-off foot. Where an Athlete does not take-off from the take-off area but before it, the measurement will be made from the point of landing in the pit to the edge of the take-off area farthest from the pit.

The take-off area otherwise functions in the same way as a normal take-off board (i.e. it is not permitted for an Athlete to take-off with any part of his or her foot beyond the edge of the take - off area closest to the pit).