



DÉFI SPORTIF
ALTERGO

TRACK AND FIELD

Défi sportif AlterGo 2024
School sport rules



TABLE OF CONTENTS

1. REGISTRATION.....	5
1.1. Registration platform	5
1.2. Registration limit.....	5
1.3 Registration modality specifics to track and field	5
2. EVENTS	6
2.1. Elementary school	6
2.2. High school.....	6
3. CATEGORIES & DIVISIONS	7
3.1. Category without physical disability	7
3.1.1. Open Division	7
3.1.2. Moderate Intellectual Impairment or autism Division.....	7
3.1.3. Severe to profound intellectual disability Division.....	7
3.2. Category with standing physical disability.....	8
3.2.1. Division 1	8
3.2.2. Division 2.....	8
3.2.3. Division 3.....	9
3.3. Category with mobility aid.....	9
3.3.1. Division 1.....	9
3.3.2. Division 2.....	9
3.3.3. Division 3.....	10
3.3.4. Division 4.....	10
3.4. Wheelchair category	11
3.4.1. Division 1.....	11
3.4.2. Division 2.....	11
3.4.3. Division 3.....	11
3.4.4. Division 4.....	11
3.5. Tricycle	12
3.5.1. Admissions criteria.....	12
3.5.2. Division 1.....	12
3.5.3. Division 2.....	12

3.5.4. Division 3.....	12
3.5.5 Tricycle models permitted.....	12
4. RACING RULES	14
4.1. Start signal.....	14
4.2. Assistance.....	14
4.3. Long distance discipline 150 m et 400 m	15
4.3.1. Elementary School – 150m race	15
4.3.2. High School – 400m race	15
4.4. Race with a guide or ropes.....	15
4.4.1. 20m rope races at elementary level (visual impairment).....	15
4.4.2. 50m races with visual impairment and 20m races with physical disability	15
5. RELAY RULES	16
5.1. Relay with standing up physical disabilities, with mobility aid and with wheelchair	16
5.2. Girl’s relay without physical disability.....	16
5.3. Boy’s relay and/or mixed without physical disability	16
5.4. Distance relay events (4x100m et 4x50m)	16
6. JUMP EVENT RULES	17
6.1. Characteristics	17
6.2. Classification for medals	17
7. RULES FOR SHOT PUT EVENTS.....	20
7.1. Characteristics	20
7.2. Classification for medals	21
8. WHEELCHAIR SLALOM.....	26
8.1. Characteristics	26
8.2. Required material.....	26
8.3 Classification for the medals	27
8.4. Penalties.....	28
8.5. Step descriptions.....	29
8.5.1 Descriptions for manual wheelchair slalom.....	29
8.5.2 Descriptions for motorized wheelchair slalom.....	30

8.6 Diagram of the circuits	31
8.6.1: Diagram of the manual slalom circuit	31
8.6.2 : Diagram for motorized wheelchair slalom	32
9. THE TRACK.....	33

1. REGISTRATION

1.1. Registration platform

For registrations, connect to [the registration platform](#). Each school is responsible for its registrations.

1.2. Registration limit

Each schools and rehab centers, can register a limited number of 8 young athletes per discipline. Refer to the pages below for details.

1.3 Registration modality specifics to track and field

There is no registration limit for schools that are registering students in track and field with physical disability.

2. EVENTS

2.1. Elementary school

- 2.1.1: Races: 20m, 50m and 150m (maximum of 8 athletes/event)
- 2.1.2: Long jump with swing (maximum of 8 athletes/event)
- 2.1.3: Long jump without swing (maximum of 8 athletes/event)
- 2.1.4: Shot Put (maximum of 8 athletes/event)
- 2.1.5: Wheelchair Slalom (no entry limit)
- 2.1.6: 4x50m relay (maximum of 4 teams/event)

2.2. High school

- 2.2.1: Races: 20m, 50m, 100m and 400m (maximum of 8 athletes/event)
- 2.2.2: Long jump with swing (maximum of 8 athletes/event)
- 2.2.3: Long jump without swing (maximum of 8 athletes/event)
- 2.2.4: Shot Put (maximum of 8 athletes/event)
- 2.2.5: Wheelchair Slalom (no registration limit)
- 2.2.6: Relay 4x50m, 4x100m (maximum of 4 teams/event)

3. CATEGORIES & DIVISIONS

3.1. Category without physical disability

An athlete in the non-disabled divisions cannot be registered for 2 short events (20, 50 and 100m) as it would be possible for their 2 races to take place at the same time.

3.1.1. Open Division

All disciplines except slalom

For all athletes without intellectual disabilities, regardless of their functional limitation. No assistance (speaker or object) is allowed on the race track.

3.1.2. Moderate Intellectual Impairment or autism Division

All disciplines except slalom

Division for athletes diagnosed with a mild to moderate intellectual impairment or autism with intellectual impairment symptoms. No assistance (speaker or object) is allowed on the race track.

3.1.3. Severe to profound intellectual disability Division

20m race

Division for athletes diagnosed with a severe to profound intellectual disability needing assistance. These athletes have the ability to move without mobility assistance but require help to navigate from the starting line to the finish line. This division is mixed.

After a time limit, an athlete who has not finished the race will be accompanied to the finish line and cross the finish line alone.

3.2. Category with standing physical disability

You can use previous years' results as a reference to rank your athletes: [Compétition Archive - Défi sportif AlterGo - the largest multi-sport event in Canada \(defisportif.com\)](http://defisportif.com).

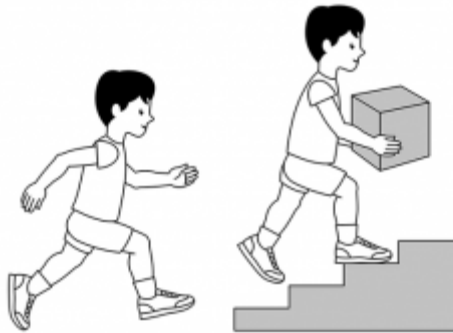
Note that it is possible that an athlete from a lower division had a better result than another athlete in a higher division for example, if the athlete in question has been fortunate enough to have more training.

3.2.1. Division 1

All disciplines except slalom

The athletes can walk without difficulty. Athletes can walk up and down the stairs without physical assistance or handrail. They can complete motor activities such as jumping or running but speed, coordination, and balance are affected.

Example:

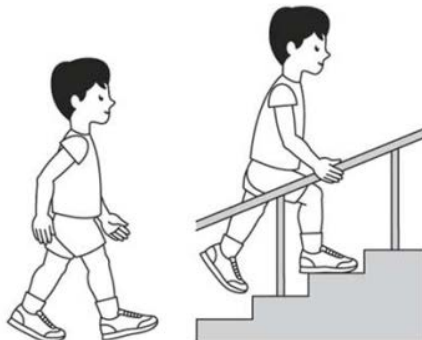


3.2.2. Division 2

All disciplines except slalom

The athletes can walk with difficulty, but with a handrail or physical assistance to walk up and down the stairs. The motor performances are low and poorly developed for race and jumps.

Example :



3.2.3. Division 3

20m race, jump and shot events

For athlete requiring technical assistance to complete the race event. This division is mixed.

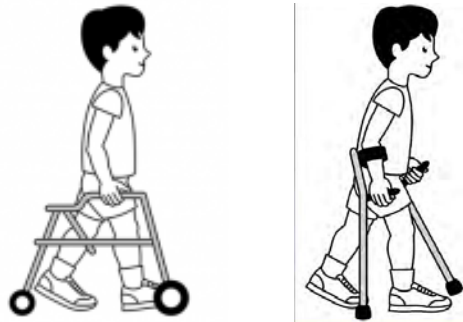
3.3. Category with mobility aid

3.3.1. Division 1

All events

Athletes can take steps without short-haul technical assistance with precarious balance, but usually require technical walking aids to travel medium and long distances.

Example :

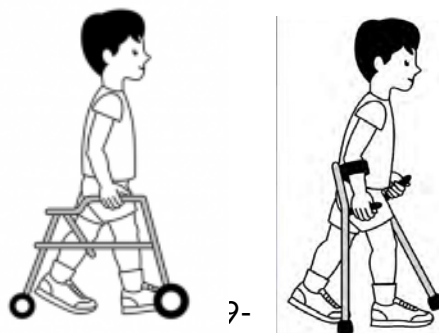


3.3.2. Division 2

All events except slalom

Athletes need technical help at all times to get around without difficulties.

Example :



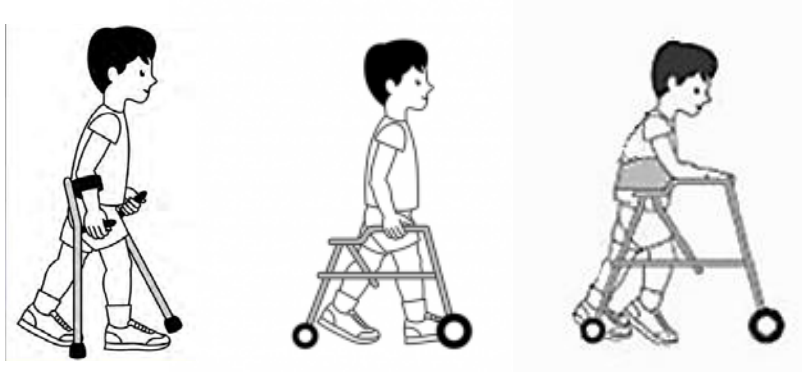
3.3.3. Division 3

All events except slalom

Athletes need technical help at all times and get around with difficulties.

Time reference : under 1 minute and 30 seconds to run 50 metres.

Example :



3.3.4. Division 4

20m race

Athletes need technical help at all times and get around with difficulties. This division is mixed.

Example :



Illustrations Version 2 © Bill Reid, Kate Willoughby, Adrienne Harvey and Kerr Graham, The Royal Children's Hospital Melbourne

3.4. Wheelchair category

3.4.1. Division 1

Races, relay races, shots and slalom

Athletes' lower limbs are affected, but they demonstrate good strength and coordination of their upper limbs and trunk. Wheelchair propulsion is fluid and coordinated.

3.4.2. Division 2

Races, relay races, shots and slalom

Athletes' lower limbs are affected as well as a disruption of upper limb and/or trunk strength and/or coordination **affecting chair propulsion.**

3.4.3. Division 3

Races, relay races, shots and slalom

Athletes' lower limbs are affected and poor trunk control requiring positioning elements on the chair. Coordination and/or strength of upper limbs are greatly affected and make **wheelchair propulsion difficult.**

Time reference under 2 minutes for a 50 metres race

3.4.4. Division 4

20m race and slalom

20 metres race with assistance if needed. Athletes' lower limbs are affected and poor trunk control requiring positioning elements on the chair. Coordination and/or strength of upper limbs are greatly affected and make **wheelchair propulsion difficult.** This division is mixed and assistance is allowed.

3.5. Tricycle

3.5.1. Admissions criteria

An athlete who is able to ride a 2-wheeled bike with or without booster wheels is not eligible for tricycle competition.

3.5.2. Division 1

Athletes can walk with or without technical help. **The propulsion of the tricycle is easy.**

3.5.3. Division 2

Athletes need technical help (example a walker or chair) to get around. **The propulsion of the tricycle is affected.**

3.5.4. Division 3

Athletes need technical help (example a walker or chair) to get around. **The propulsion of the tricycle is difficult.**

3.5.5 Tricycle models permitted

A tricycle is a type of bike with 3 wheels directly attached to the frame (a 2-wheel bike with training wheels is not considered a tricycle).

Only tricycle with one speed will be allowed.

Example permitted: Rifton (US), Chartrand (QC), Trivel (QC) :modèle T15, T250, T350, modèle Maya, Inea, Zoulou



3.6. Visual impairment

All disciplines except slalom

- 20 metres with rope: The elementary school level athletes are not able to walk a distance of 50 metres with a guide.
- With or without a guide: These athletes have the opportunity to run with a guide on their right or left side over a distance of 50 metres. An athlete with a visual limitation may also choose to run without a guide.

4. RACING RULES

4.1. Start signal

In all events, the start signal will be:

1. On your marks!
2. Whistle and/or beep while lowering a red flag.

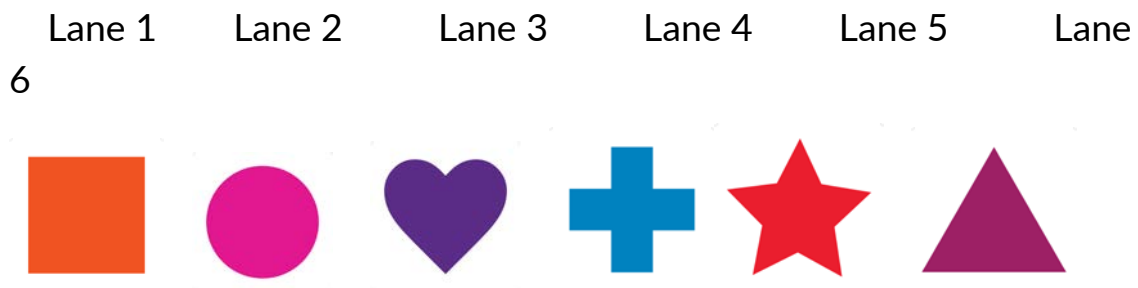
4.2. Assistance

The race lanes will have to be respected to the best of the athlete capability and in which the athlete won't interfere with other athlete's performance. No physical assistance is permitted at the start of the race. Visual references will be placed at the start and at the end of each corridor by Défi sportif AlterGo.

Leaders must also respect a zone of deceleration equivalent to 20% of the race carried out by the athletes.

As soon as the race is over for most participants in a wave, the competition manager may allow support to accompany an athlete who has difficulty finishing the race.

There will be coroplasts at the beginning and end of each of the 50 meters race corridor to help athletes run in a straight line.



4.3. Long distance discipline 150 m et 400 m

4.3.1. Elementary School – 150m race

The starting line will be indicated in each lane. Athletes will be required to stay inside their lane for the duration of the race.

4.3.2. High School – 400m race

The starting line will be indicated in each lane. Athletes will be required to stay inside their lane for the duration of the race.

4.4. Race with a guide or ropes

4.4.1. 20m rope races at elementary level (visual impairment)

The athlete can hold the braided rope with either the right or left hand. A travel indicator is used to prevent burns to the hands.

The rope is 20m long and is held at both ends by two volunteers.

4.4.2. 50m races with visual impairment and 20m races with physical disability

- **The athlete must cross the finish line before the guide**
- The guide must be **located behind or next to the athlete**; a corridor to the right or left will be reserved for this purpose
- When the guide is located behind the athlete, he can use verbal indications
- When the guide is located next to the athlete, they should use a short rope or cloth/fabric to be linked with the athlete
- The guide **must not stand in front of the athlete** under any circumstances
- The guide must not pull the athlete at the risk of being disqualified

5. RELAY RULES

Relays team are composed of 4 individual athletes. Teams must have an extra athlete (without registering) in case one of the regular members is absent. You will need to contact the sports coordinator to apply this change.

5.1. Relay with standing up physical disabilities, with mobility aid and with wheelchair

The relay race is an event, which must be run by four (4) different athletes. The teams can be mixed.

5.2. Girl's relay without physical disability

Teams must be composed of 4 girls. No boys can take part in these events.

5.3. Boy's relay and/or mixed without physical disability

Teams can be made up of 4 boys or be mixed. A girl can be joined in this category.

- The relay race is an event that must be run by four (4) different athletes.
- One girl may participate in the boys' relay, however no boys may participate in a girls' relay event.

5.4. Distance relay events (4x100m et 4x50m)

Each team has two lanes and must respect them throughout the event (Runners 1 and 3 in lane 1 and runners 2 and 4 in lane 2). Runners 1 and 3 will run from the finish line to the starting line while runners 2 and 4 will run from the starting to the finish line. See example here: [Course à relais - YouTube](#)

For the relay events, two school supervisors/teachers will have accompany the athletes (one intervening in each corridor). The school supervisor/teacher can only accompany the athletes at the starting line and are not allowed to run with athletes.

School team managers/teachers are strongly advised to teach and practice the starts before the competition. The course of the events may be modified according to the registrations, the place of the competition and the availability of the equipment.

For this events, batons are not used. A foot or the front wheels of the wheelchair must cross the finish line for the next teammate to take off.

6. JUMP EVENT RULES

6.1. Characteristics

Athletes are allowed 1 unofficial attempted jump and two official jumps for the long jump events with or without swing; the best score will be kept.

If an athlete goes beyond the board, the jump will be cancelled and considered as a try.

If an athlete falls during their jump, it is the part of the body closest to the board that will be used as a measurement. The judge will wield a red flag to signal an invalid jump.

6.2. Classification for medals

Monday, April 29th 2024 – Elementary with physical disability

LEVEL	DISABILITY	SEX
Elementary	With physical disability Division 1 and 2	Male
Elementary	With physical disability Division 1 and 2	Female

Tuesday, April 30th 2024 - Elementary with no physical disability & with visual impairments

LEVEL	DISABILITY	SEX
Elementary	No physical disability Division 1, 2 and 3	Male
Elementary	No physical disability Division 1, 2 and 3	Female
Elementary	Visual impairment	Male
Elementary	Visual impairment	Female

Thursday, May 2nd 2024– High school with no physical disability & with visual impairments

LEVEL	DISABILITY	SEX
High school	With no physical disability Open division/ Intellectual disability (mild, moderate and severe)	Male
High School	With no physical disability Open division/ Intellectual disability (mild, moderate and severe)	Female
High school	Visual impairment	Male
High school	Visual impairment	Female

Friday, May 3rd 2024– High school with physical disability

LEVEL	DISABILITY	SEX
High school	Physical disability standing up Division 1 and 2	Male
High school	Physical disability standing up Division 1 and 2	Female

7. RULES FOR SHOT PUT EVENTS

7.1. Characteristics

Athletes are allowed two tries; the best score will be considered.

The shot must be released above the height of the shoulder (not thrown), using only one hand. When the athlete is about to throw, they must rest the shot close to the neck, and keep it tight to the neck throughout the motion. (The judge reserves the right to apply this rule depending on the capabilities of the athletes). The area delineating the circle to throw the shot must be respected, if one of the athlete's limbs (foot, hand, etc.) touches the ground outside the circle, the throw will be cancelled and considered a try. For athletes in a wheelchair, only the rear wheels must remain inside the circle (the front wheels can be outside the circle).

WEIGHT	DISABILITY	SEX
0.5 kg (1.1 lbs)	Standing up physical disability Division novice and benjamin	Female
0.5 kg (1.1 lbs)	Standing up physical disability Division novice and benjamin	Male
1 kg (2.2 lbs)	Standing up physical disability Division novice and benjamin	Female
1 kg (2.2 lbs)	Standing up physical disability Division novice and benjamin	Male
0.5 kg (1.1 lbs)	In wheelchair Division novice and benjamin	Mixte
1 kg (2.2 lbs)	In wheelchair Division novice and benjamin	Mixte

1 kg (2.2 lbs)	Visual impairment Division novice	Female
2 kg (4.4 lbs)	Visual impairment Division novice	Male
2 kg (4.4 lbs)	Visual impairment Division benjamin	Female
3 kg (6.6 lbs)	Visual impairment Division benjamin	Male

7.2. Classification for medals

Monday, April 29th 2024 – Elementary school with physical disability, visual impairment

KILOS	DISABILITY	SEX
0.5 kg (1.1 lbs)	Standing up physical disability Novice and Benjamin category	Girls
0.5 kg (1.1 lbs)	Standing up physical disability Novice and Benjamin category	Boys
1 kg (2.2 lbs)	Standing up physical disability Novice and Benjamin category	Girls
1 kg (2.2 lbs)	Standing up physical disability	Boys

	Novice and Benjamin category	
0.5 kg (1.1 lbs)	Using a wheelchair Novice and Benjamin category	Mixed
1 kg (2.2 lbs)	Using a wheelchair Novice and Benjamin category	Mixed
1 kg (2.2 lbs)	Visual impairment Novice category	Girls
2 kg (4.4 lbs)	Visual impairment Novice category	Boys
2 kg (4.4 lbs)	Visual impairment Benjamin category	Girls
3 kg (6.6 lbs)	Visual impairment Benjamin category	Boys

Tuesday, 30th April 2024 - Elementary school without physical disability

KILOS	DISABILITY	SEX
1 kg (2.2 lbs)	Without physical disability Novice category	Girls
2 kg (4.4 lbs)	Without physical disability Novice category	Boys
2 kg (4.4 lbs)	Without physical disability Benjamin category	Girls
3 kg (6.6 lbs)	Without physical disability Benjamin category	Boys

Thursday, 2nd May 2024 – High school without physical disability

KILOS	DISABILITY	SEX
2 kg (4.4 lbs)	Without physical disability Cadet category	Girls
3 kg (6.6 lbs)	Without physical disability Cadet category	Boys
3 kg (6.6lbs)	Without physical disability Juvenile and adults category	Girls
5 kg (11 lbs)	Without physical disability Juvenile and adults category	Boys

Friday, 3rd May 2024 - High school with physical disability, visual impairments

KILOS	DISABILITY	SEX
0.5 kg (1.1 lbs)	Standing up physical disabilities Cadet and Juvenile category	Girls
0.5 kg (1.1 lbs)	Standing up physical disabilities Cadet and Juvenile category	Boys
2 kg (4.4 lbs)	Standing up physical disabilities Cadet and Juvénile category	Girls

2 kg (4.4 lbs)	Standing up physical disabilities Cadet and Juvenile category	Boys
0.5 kg (1.1 lbs)	Using a wheelchair Cadet and Juvenile category	Mixed
2 kg (4.4 lbs)	Using a wheelchair Cadet and Juvenile category	Mixed
2 kg (4.4 lbs)	Visual impairment Cadet Category	Girls
3 kg (6.6 lbs)	Visual impairment Cadet Category	Boys
3 kg (6.6 lbs)	Visual impairment Cadet Category	Girls
5 kg (11 lbs)	Visual impairment Juvenile and Adult Category	Boys

8. WHEELCHAIR SLALOM

8.1. Characteristics

- The circuit is composed of 8 different stages.
- All steps must be completed.
- All stages are timed.
- Specific instructions must be followed at each of the 8 steps. Failure to follow these instructions will result in a fault (see description below).
- Leaders are not allowed to be on the competition area while an athlete is on the course (except for Novice athletes).

8.2. Required material

- Cylinders
- Flags – cylinders
- Flags – officials
- 1 foam wall
- Cones
- Blue mats
- Floor tape

8.3 Classification for the medals

CATEGORY	DISABILITY	SEX
Elementary	Head controled wheelchair	Mixed
Elementary	4-wheel wheelchair	Mixed
Elementary	6-wheel wheelchair	Mixed
Elementary	Manual wheelchair	Mixed
High school	Head controled wheelchair	Mixed
High school	4-wheel wheelchair	Mixed
High school	6-wheel wheelchair	Mixed
High school	Manual wheelchair	Mixed

8.4. Penalties

ACTION	SANCTION
Contact with a cylinder or a line	- 3 second will be added to the total recorded for the event (per touched element) and when the athlete enters or leaves an area in the wrong direction.
Failure to comply with the specific instructions of a step (i.e.: forget to go around a cone, omit completing a trial backwards, etc.)	- 5 seconds will be added to the total recorded for the event (per instruction not respected) - 10 seconds will be added to the total recorded if the athlete does not complete the steps in the right order.
Not completing a step	Judges will make the athlete to come back on the course and do the forgot step

8.5. Step descriptions

Between each stage of the manual wheelchair tour and the motorized wheelchair tour, a distance of 2 meters will be measured.

8.5.1 Descriptions for manual wheelchair slalom

Step 1: Departure

The start is in a static position. The wheels of the wheelchair must be fully behind the starting line.

Step 2: Slalom

The athlete must move by slaloming between the 4 cones. The cones are spaced 1.50 m apart in length and width. A cone hit and/or failure to follow the direction is considered a fault.

Step 3: The Square

The athlete must enter the square, do a 360° (complete turn on himself) within the boundaries of the square and exit from the front. The square should be lined with floor tape and the four corners delineated by cylinders. The area of the square is 1.20 square meters. A cylinder or line being hit and/or failing to follow the steering will be considered a fault.

Step 4: The Narrow Passage

The athlete must pass through a narrow passage of backwards. Nine cones on each side delimit the passage. The width of the passage is 1.20 meters and the length is 3 meters. A cone hit and/or failure to follow the direction is considered a fault.

Step 5: Overcome an obstacle

The athlete must cross (go over) the width of two nap mats screwed together with a dimension of : (2' x 4' x 1"). If the athlete is unable to get through the screwed mats, help will be allowed but this will result as a fault. The athlete will still be able to continue on his way afterwards.

Step 6: The Two Turns

The athlete must enter a narrow corridor of 1 metre and a length of 2 metres and make a 90-degree turn to the left, continue for 3 metres before making another 90-degree turn to the right, and continue for a distance of 1 metre.

Step 7: Around the cone

The athlete must go around the cone (180 degrees) to face the final sprint to the wall.

Step 8: The Wall

The athlete must complete a 10-metre sprint and run into a wall of foam blocks to mark the end of their course. The wall is 1.50 metres high by 1.50 metres wide.

8.5.2 Descriptions for motorized wheelchair slalom

Step 1: Departure

The start is in a static position. The wheels of the wheelchair must be fully behind the starting line.

Step 2: Slalom

The athlete must move by slaloming between the 4 cones. The cones are spaced 1.50 m apart in length and width. A cone hit and/or failure to follow the direction is considered a fault.

Step 3: The Square

The athlete must enter the square, do a 360° (complete turn on himself) within the boundaries of the square and exit from the front. The square should be lined with floor tape and the four corners delineated by cylinders. The area of the square is 1.20 square meters. A cylinder or line being hit and/or failing to follow the steering is considered a fault.

Step 4: The Narrow Passage

The athlete must pass through a narrow passage of backwards. Nine cones on each side delimit the passage. The width of the passage is 1.20 meters and the length is 3 meters. A cone hit and/or failure to follow the direction is considered a fault.

Step 5: The 4-cone zigzag

The athlete must zigzag between 4 cones placed at a distance of 1 meter. A cone hit and/or failure to follow the direction is considered a fault.

Step 6: The Two Turns

The athlete must enter a narrow corridor of 1 metre and a length of 2 metres and make a 90-degree turn to the left, continue for 3 metres before making another 90-degree turn to the right, and continue for a distance of 1 metre.

Step 7: Around the cone

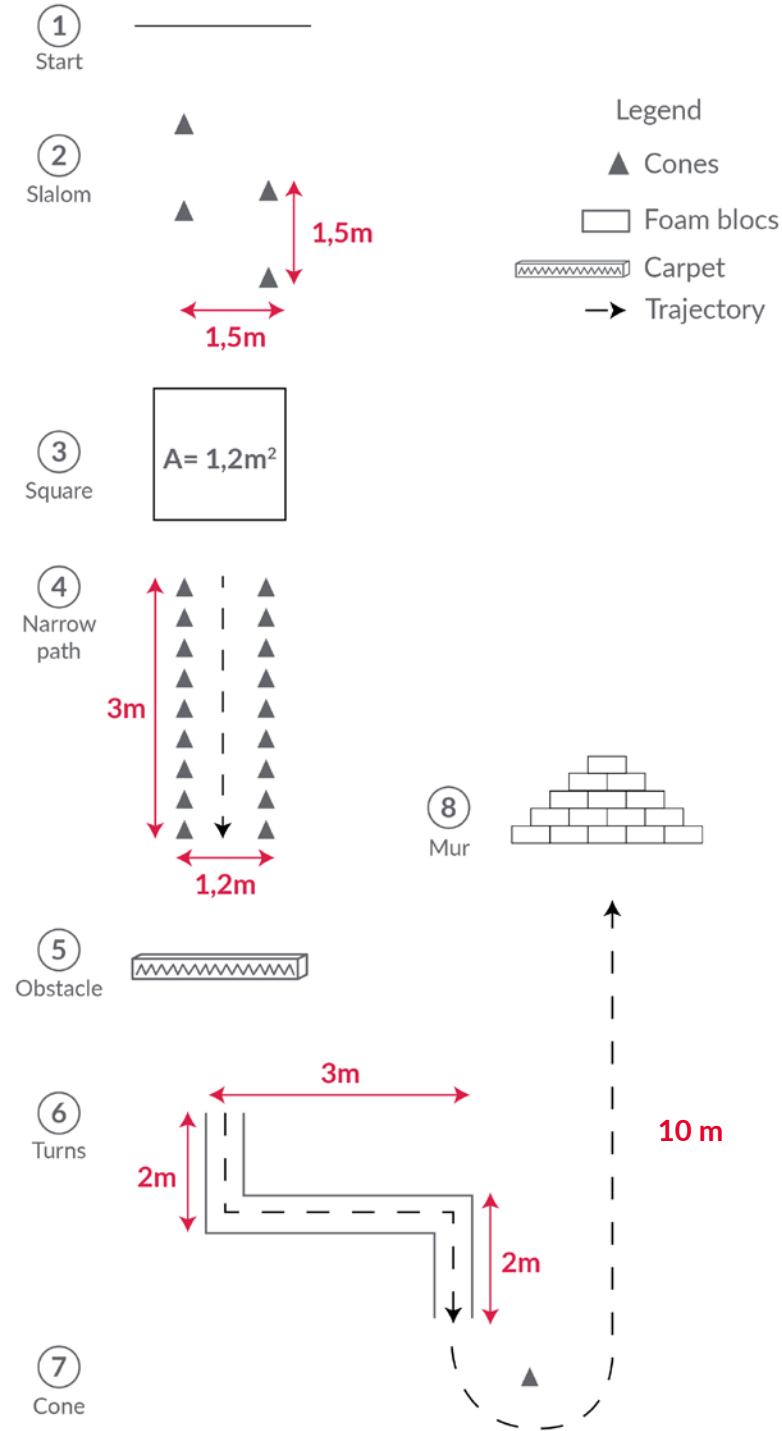
The athlete must go around the cone (180 degrees) to face the final sprint to the wall.

Step 8: The Wall

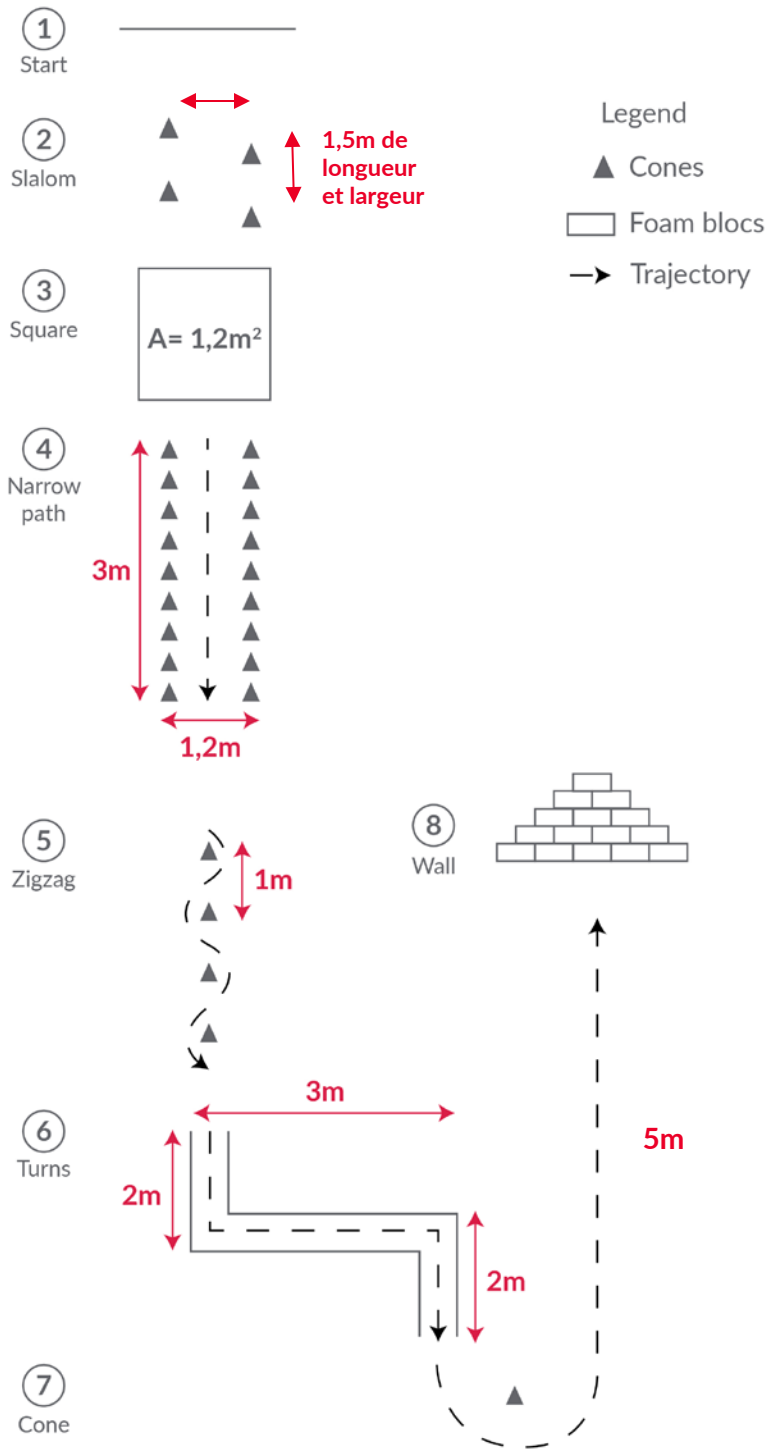
The athlete must complete a 5-metre sprint and run into a wall of foam blocks to mark the end of their course. The wall is 1.50 metres high by 1.50 metres wide.

8.6 Diagram of the circuits

8.6.1: Diagram of the manual slalom circuit



8.6.2 : Diagram for motorized wheelchair slalom



9. THE TRACK

The athletics events will take place:

All primary and secondary levels with physical disability and visual impairment: at the Omnisport du Claude-Robillard Sports Complex in Montreal.

High school without physical disability and visual impairment: on the athletics track exterior of the Claude-Robillard Sports Complex in Montreal



Most recent update: January 18th, 2024

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