



**BE YOUR BEST**

# **LITTLE ATHLETICS for ATHLETES with a DISABILITY**



Little Athletics NSW and its affiliated centres offer many opportunities for athletes with a disability to become involved in the sport.

## **CENTRES:**

- At a local level, athletes with a disability can access regular activities at a Little Athletics centre.
- Depending on numbers, often an athlete with a disability will be totally integrated into the existing program. Some centres with a significant number of athletes with a disability will run a Multi-Class group parallel to the able-bodied groups.
- Some athletes will need modification with their events, and some will not require any modifications at all.
- Little Athletics centres may adapt activities (rules, equipment, etc.) to allow athletes with a disability to participate. The extent of the modifications will depend on the athlete's level of impairment.
- Modifications may also be made in view of phasing them out over time.

## **REGIONAL & STATE CHAMPIONSHIPS (competition pathway):**

- Little Athletics NSW conducts Multi-Class events for athletes with a disability at the Regional & State Little Athletics Track & Field Championships.
- All events are conducted as multi-disability events. Competitors compete against a Baseline time or distance for their disability classification. Placings are determined by the competitor's time/distance calculated against a percentage of the Baseline for their classification.
- All athletes with a disability who compete at the [Regional Championships](#) & State Little Athletics Track & Field Championships need to be a Little Athletics member and hold a 'provisional' classification prior to the event.
- Entry into Regional Championships is direct entry via the LANSW website. All athletes will need to qualify into [State Championships](#) as per the rules.

## **DO YOU NEED TO BE CLASSIFIED?**

- Centre Competition - No
- Zone Championships - No
- Regional Championships – Yes (Provisional)
- State Championships – Yes (Provisional)
- National Championships – Yes

## **CLASSIFICATION:**

- Classification is a way of grouping athletes of a similar level of impairment or disability for the purpose of competition.
- Classification exists to try and create a "fair" competition amongst athletes of different disabilities.
- Most athletes do not need to attend a 'classification' day. The only ones who need to attend a classification day are those with a Physical Impairment. All others are able to gain classification by means of an [application form](#) along with medical documents.

- Classification is only required for those athletes wanting to compete at a championship level (Region/State/Nationals). It is not required to participate at a centre level.
- Athletes aged 8 and older are eligible to apply for classification (U9).
- Classification is a number given to an athlete that shows their level of impairment e.g. T/F01 (Hearing Impairment).
- The T stands for Track and the F stands for Field.
- Track includes all events run on the track including Long Jump. Field is for all other events e.g. Shot Put.
- An athlete may have a different classification for Track and Field. This is because their level of impairment affects their ability to do an event more than another.

## TYPES OF CLASSIFICATIONS:

- Hearing Impaired – T/F 01
- Vision Impaired – T/F 11-13
- Intellectually Impaired – T/F 20
- Physically Impaired – T32-38, T40-47, T51-54, T61-64 & F40-46, F51-57, F61-64
- The lower the number the more impaired the athlete is within that classification category e.g. T11 athletes have less vision than a T13 athlete.

## PROVISIONAL OR FULL CLASSIFICATION (physical impaired only):

- Provisional classification is an application process. This is to allow those athletes who do not have access to a full classification panel to gain a 'temporary' permit to compete in competition.
- The process involves filling out the [appropriate forms](#) and forwarding those forms onto Athletics Australia along with medical documents to gain a classification.
- Provisional (temporary) is only valid for 12 months. In which during that time it is expected that the athlete goes in front of a classification panel to gain full classification (physical impairment only).
- A calendar of Classification days can be found on the [Athletics Australia](#) website.

## HOW TO GET CLASSIFIED

- Each impairment has a different governing body for classification.
- Physical Impairment – [Athletics Australia](#)
- Hearing Impairment – [Deaf Sports Australia](#)
- Vision Impairment – [Australian Paralympic Committee](#)
- Intellectual Impairment – [Sport Inclusion Australia](#)

## MULTI-CLASS V'S PARA

- Multi-Class is athletes from different classes competing against each other e.g. vision impaired against a hearing impaired and a physically impaired. Placings are worked out on a percentage in their own class and then ranked in order.
- Para is where athletes compete against other athletes within the same class. E.g. vision impaired against other vision impaired. Placings are worked out in order across the line or the furthest distance.

## PARA DEFINITION

- The word **Paralympics** means “**parallel** with the Olympics”,
- The **para** prefix coming from the Greek word for alongside.
- The name was chosen to embody the spirit of the two movements existing side-by-side.

Go to our [website](#) for further information!

