



## General Rules

- Awards
  - Best individual performances in each event (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)
  - Best overall performances by branch of service
    - A factoring formula will be created to decide branch of service winners
- Military athletes who have competed at a Paralympic Games, Elite/National team members past or present or anyone who has competed internationally (domestic tournaments that have international guests do not constitute international competitions) for U.S. Paralympics are NOT eligible for the Warrior Games in those sports. However, you are eligible for competition in other sports. For example, if you competed in sailing at a Paralympic Games you are eligible to compete in a different sport at the Warrior Games.
- Participants may compete in a maximum of two individual sports, team sports are open. For example, a participant may sign up for track & field and swimming, and also compete in sitting volleyball and wheelchair basketball. Athletes may compete in as many events within those individual sports as they like. Please keep in mind that the schedule will not be changed if athletes do not have enough rest or time between events.
- Rosters are due to U.S. Paralympics by March 1, 2011, if an event is cancelled due to lack of participants, the service branches will be notified by March 15, 2011, if not sooner, to replace or re-enter the affected athletes.
- If there are questions regarding an athlete's qualifying disability resulting from either a discrepancy on the registration form and/or upon visualization, U.S. Paralympics National Team Coaches and Meet Directors will determine the category in which the athlete will compete. For example, if a participant has a lower and upper body disability the more severe area of the two injuries will be used to determine the competition category.
- No points will be given toward the overall top service branch award for events that have less than three participants.

- Colors/Uniforms:

\*A uniform of 2 long sleeve dri-fit t-shirt, 2 short sleeve dri-fit t-shirt, 1 pair of black shorts, polo and one warm up top and bottom will be provided to each participant.

Army – Black Shirt

Marine Corps– Red Shirt

Navy/Coast Guard – Navy Shirt

Air Force - Royal Blue Shirt



## **Shooting Rules**

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### **Disability/Classification Groups**

- Open Category – Includes competitors who do not have a permanent physical disability (PTSD, TBI and orthopedic injuries)
- SH2 Category – Includes competitors who do not have the ability to support the weight of the firearm with their arms and therefore require a shooting stand (Upper body injuries, arm amputees)
- SH1 Category – Includes all other competitors with a permanent physical disability (spinal cord injury, leg amputees, stroke)

**\*\*Each service branch will be allowed the following number of representatives for each event from each disability/classification group noted above.**

Army – 54  
Marine Corps – 30  
Navy/Coast Guard – 21  
Air Force – 15

### **Shooting Events**

\*A minimum of four competitors per disability category must be signed up in order for an event to be contested.

- 10M Air Pistol (Open & SH1) - 40 shots
- 10M Air Rifle - Standing (Open, SH1 & SH2) – 40 shots
- 10M Air Rifle - Prone (Open, SH1 & SH2) - 40 shots

An athlete may compete in a maximum of two events. The category in which an athlete competes will remain consistent across all events. For example, an athlete competing in the SH1 Air Rifle – Standing will also compete in the SH1 Air Rifle – Prone.

### **GENERAL EVENT RULES**

All three events will be contested from a distance of 10 meters. Air guns, fired with .177 cal. soft lead match pellets, fired from single shot target grade guns (approx. 500 – 600 fps) will be used. Guns are not field grade and no scopes or optics will be allowed.

All events are slow fire, allowing for 40 shots in 75 minutes.

Event finals will be held for the top three rifle competitors and top four pistol competitors for the Open, SH1 and SH2 categories.

Male and female athletes will compete in the same categories.

### **Competition Equipment**

All athletes are responsible for providing their own equipment.

USA Shooting will provide compressed air and CO2. Please note that this is bulk fill air from a tank, not cylinders for individual guns, which can not be provided by event organizers.

It is against TSA regulations to fly with individual CO2 cartridges, so athletes are advised to ship those items in advance.

Individuals must also provide their own fill adapters as not all guns use the same type of adapter.

### **Competition Apparel**

All rifle competitors will be allowed to wear competition apparel that is legal under the rules set forth by shooting's international federation and the International Paralympic Committee.

No separate competition category will be offered for athletes who do not wear international regulation apparel.

For more information on regulation apparel, visit

[http://www.issfsports.org/documents/rules/2009/english/pdf/rules\\_2009\\_all\\_2ndprint\\_eMag2.pdf](http://www.issfsports.org/documents/rules/2009/english/pdf/rules_2009_all_2ndprint_eMag2.pdf)

General clothing regulations begin on page 294 and shooting jacket specific regulations are located on page 298.

## **EVENT DETAILS**

**Air Pistol** – The pistol is held with one hand. Athlete is standing unless injury has impacted balance, stability or strength in the lower extremities. For those athletes, a wheelchair or other seat may be used.

### **Air Rifle Prone**

**SH1** – Athletes will use a sling to support the weight of the rifle. The athlete will be seated and may rest both elbows and lean the torso against the table on the firing point for stability.

**SH2** – If the athlete is unable to support the rifle due to injury, the rifle will be supported by a spring stand (detailed rules on the ISCD website). The athlete will be seated and may rest both elbows and lean the torso against the table on the firing point for stability.

### **Air Rifle Standing**

**SH1** – Athletes will rest one elbow on their hip to support the weight of the rifle. The athlete may be standing up or seated, if required, but may not rest any part of the body or arms against the table.

**SH2** – If the athlete is unable to support the rifle due to injury, the rifle will be supported by a spring stand (detailed rules on the ISCD website). The athlete may be standing up or seated, if required, but may not rest any part of the body or arms against the table.

Specific rules about the guns, ammunition, targets, ranges and other competition equipment are available at the USA Shooting website: [www.usashooting.org](http://www.usashooting.org)

Specific rules for athletes with physical disabilities are available at the International Paralympic Committee's shooting-specific website: [www.ipc-shooting.org](http://www.ipc-shooting.org)

If you have additional rules, competition apparel or equipment questions after thoroughly researching the websites above, please contact:

Bob Foth, USA National Paralympic Shooting Coach  
[bob.foth@usashooting.org](mailto:bob.foth@usashooting.org)  
719-866-4881

Coach Foth may also be able to provide information for a coach in your community who can assist you with competitive, international style shooting.



## Swimming Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Disability/Classification Groups

- Single Leg Amputee
- Double Leg Amputee
- Below the Elbow Impairment/Amputee
- Above the Elbow Impairment/Amputee
- Spinal Cord Injury (SCI)
- Open – Blind/Visually Impaired, PTSD, TBI, Orthopedic injuries
  - \* *Visual acuity of 20/200 or greater, best corrected, in both eyes and/or a visual field of less than 20 degrees*

**\*\*Each service branch will be allowed the following number of representatives for each event from each disability/classification group noted above.**

#### Men's Events – 19 participants

Army – 9  
Marine Corps – 5  
Navy/Coast Guard – 3  
Air Force – 2

#### Women's Events – 10 participants

Army - 4  
Marine Corps – 3  
Navy/Coast Guard – 2  
Air Force – 1

**Swimming Events** \*\*A minimum of three athletes must be signed up for an event to be contested in a particular disability category

#### **Men (Semifinal & Final)**

- **50M Free** *20 participants per category*
- **100M Free** *20 participants per category*
- **50M Backstroke** *20 participants per category*

#### **Women (Finals)**

- **50M Free** *10 participants per category*
- **50M Backstroke** *10 participants per category*

### **Combined (Final)**

- **200M Free Relay** One athlete from the single leg amputees, AE or BE, SCI and Open category and one team per service branch  
*\*If the composition of the relay team cannot be met with the listed disability/classification groups, it will be at the discretion of the meet manager as to who can enter.*

### **GENERAL EVENT RULES**

- Athletes must supply their own swimsuit, goggles and cap
- Full body suits and wetsuits will not be allowed
- Athletes may not use any device that aids speed, buoyancy or endurance (i.e. webbed gloves, flippers or fins)

### **Starts**

#### **Equipment**

- The starter shall have a microphone for oral commands.
- The microphone and the starting signal shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.
- A strobe/starting light for swimmers with a hearing impairment. The light is required to be able to be transferred next to the starting platform of the swimmer and positioned to the swimmers requirement and where it can be seen by the referee and the starter.

#### **The Start**

- At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke, at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the Starter that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.
- On the starter's command "take your mark," the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

- When a swimmer does not respond promptly to the command "take your mark," the starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

### **False Starts**

- Any swimmer starting before the starting signal is given shall be disqualified. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks. The starter shall restart the race upon signal by the referee.
- If the starting signal has been given before the disqualification is declared, the race shall continue and the swimmer who has false started shall be disqualified upon completion of the race.
- If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the referee shall repeat the starting procedure beginning with the long whistle (the second one for backstroke).
- A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the starter.
- The referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his or her heat. Such disqualification shall not be charged as a false start.

### **Freestyle**

- In an event designated freestyle, the swimmer may swim any style.
  - For swimmers choosing to swim other strokes, IPC Rules and Regulations governing those strokes shall apply. See [http://ipc-swimming.org/export/sites/ipc\\_sports\\_swimming/Rules\\_Regulations/26\\_02\\_2010\\_IPC\\_Swimming\\_Rules\\_and\\_Regulations\\_2010.pdf](http://ipc-swimming.org/export/sites/ipc_sports_swimming/Rules_Regulations/26_02_2010_IPC_Swimming_Rules_and_Regulations_2010.pdf)
- Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.
  - For competitors swimming on their backs, during each complete stroke cycle some part of the swimmer must break the surface of the water.

- Standing on the bottom during freestyle events shall not disqualify a swimmer, but he or she can not walk.

### **Backstroke**

- The swimmers shall line up in the water facing the starting end, with both hands placed on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or on the bottom is prohibited.
  - Swimmers with the “one hand start” exception may grip with one hand only.
  - Swimmers with “unable to grip for backstroke start” exception shall be permitted to use the end of the pool.
  - Where a swimmer is unable to grip the starting place, the swimmer may be assisted by a support staff or starting device. The device shall be cleared and deemed safe by the meet manager prior to the start of the race. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have part of the body in contact with the wall until the starting signal is given.
- At the signal for starting, and after turning, the swimmer shall push off and swim upon his or her back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn at the finish and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.
- When executing the turn there must be a touch of the wall with some part of the swimmer’s body in his or her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
  - For the swimmer who has no arms or use of the arms during the turn, once the body has left the position on the back, there shall be no kick that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.
- Upon the finish of the race the swimmer must touch the wall while on the back in his or her respective lane

## **Relays**

### **Freestyle Relay**

- Four swimmers on each team. A swimmer swimming over the course alone shall cover the whole distance. Freestyle finish rules apply.
- The composition of a relay team may be changed between heats and finals of an event, provided that it is made up from the list of swimmers properly entered for that event. When heats are swum, medals shall be awarded to those swimmers who swam in the heats and/or the final event.
- No swimmer shall swim more than one leg in any relay event.
- A swimmer must remain and finish the race in the same lane in which he or she started.
- In relay events, the team of a swimmer whose feet or part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.
  - In relay events, a swimmer may commence in the water. The swimmer may not lose hand or foot contact with the starting place until such time as the preceding team member touches the wall, otherwise the swimmer shall be disqualified..
- Each relay team member shall leave the water immediately upon finishing his or her leg, except the last member.
- Any relay team member and his or her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
  - A swimmer, in a relay event, who is to commence with a water start, may enter the water only when the preceding takeoff at the same end has been executed.
- When turning, a swimmer shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- Pulling on the lane rope is not allowed.

### **Reference:**

To find places to swim or a local training group in your area, United States Masters Swimming (USMS) provides an online resource at: [www.usms.org](http://www.usms.org). USMS is the national governing body for adult, age 19 and over, swimming in the U.S.

More information on international swimming rules and regulations is available from IPC Swimming at [ipc-swimming.org](http://ipc-swimming.org).



## Archery Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Disability/Classification Groups

- Open to All

**\*\*Each service will be allowed the following number of representatives for each event**

Army – 9  
Marine Corps – 5  
Navy/Coast Guard – 3  
Air Force – 2

### Archery Events

\*there must be a minimum of four participants per event  
**Must choose either Compound or Recurve (cannot do both)**

- Compound Open
- Recurve Open

### GENERAL EVENT RULES

Maximum number of participants: 19 per event

Men and Women will be combined unless four or more women register for each separate event

**Format:** An AB/CD shooting format will be used for this tournament. AB shooters will shoot their arrows and then come off the line. CD shooters will follow, shooting their arrows next, then all archers will retrieve and score. Note: *Format may change due to time or other unforeseen circumstances.*

Shooting Distance: 18m

Target Size: 40cm

Qualifying round will be six arrow ends / four minutes. Medal rounds will be top eight from each event, three arrow ends / alternating shots, 30 seconds per shot

Equipment Rules: FITA ([www.archery.org](http://www.archery.org))

## COMPOUND BOW

- Maximum 60 pounds
- No electric or electronics
- Arrows fit to bow
- Magnification on the sight is okay, but only one aiming point is permitted
- Peep sight on the string is fine
- Maximum arrow size of 2315 (9.3 mm for the shaft; 9.4 mm for the point)

### **Recommendations**

- 36" axle to axle or more
- Brace height 7" or more
- At least 2" draw length adjustment
- At least 10 lbs of weight adjustment (maximum is 60 pounds)
- No hard cams or dual cams
- 65% let off
- Recommend single cam or cam and a half
- Peep sight (without tubing is better)
- Carbon arrows
- Vanes or feathers should be no larger than 3"
- Glue in points (100-120 grains)
- Adjustable sight (only one aiming point)
- Mechanical release

### TIPS

#### **Measuring Draw Length for a Compound Bow: (two methods)**

Recommended: Go to a pro shop and have them do it.

This will work: Draw Length is the distance from the nock point to the throat of the grip plus 1 3/4". Typically, this length will also be about the same length of arrow needed by the compound archer.

To measure your draw length, stand with your back to a wall stretching your arms out against the wall. Measure the distance from the end of your middle finger to the end of your other middle finger, basically the length of both arms, hands and chest. This measurement, minus 15 then divided by 2, is your draw length.

Resist the temptation to make your draw length longer than it should be, as this will affect your accuracy.

Your wingspan typically is the same as your height in inches. So your height in inches minus 15 and then divided by 2 will be your draw length, or at least a very good starting point.

## **RECURVE BOW**

- Bow – handle and limbs
- Arrows fit to bow
- No magnification, no electric or electronics
- Finger release
- Adjustable sight
- Maximum arrow size of 2315 (9.3 mm for the shaft; 9.4 mm for the point)

### **Recommendations**

Hoyt, PSE, Sky (find height & poundage chart)

New shooters – recommend 30 pounds maximum

Aperture

**MORE TIPS** An assembled recurve bow should be about as tall as the individual shooting it, while that person is standing. For a person shooting from a wheelchair it probably needs to be shorter. Risers (handles) come in short (23”) and long (25”). The limbs come in short, medium and long. A short handle with short limbs would be 64” long; a long handle with long limbs would be 72”. By mixing handles and limbs, the sizes in between are possible.

### **Other Equipment**

Finger tab – Used to protect the fingers from the string. A finger tab works better than a glove. They come in many styles and many materials. Most recurve shooters use either a Cavalier Elite, or a SOMA.

- Mechanical release – These come in many styles, and are used to release the string; Carter, TruBall, and Scott make most of the releases.
- Armguard – protects the arm from the string. Can be long (made by Neet, Vista) or short (Beiter, Win & Win, Neet, Vista)
- Chest guard – keeps the string from getting caught in clothes and/or hitting the chest
- Quiver – holds arrows
- Finger/wrist sling – keeps the bow in the hand, yet allows the hand to be relaxed

### **Recommended Accessories for everyone**

Arrow puller

- Lube
- Binoculars
- Bow case (recommend a hard case especially if you’re flying)
- Bow stand or bow pod (to hold the bow while you are not shooting)
- Pen or pencil



## Cycling Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Disability/Classification Groups & Events

**\*\*There must be a minimum of six participants per event in order to run the event.**

- Handcycle Men - 10 kilometers

Disability: Lower mobility impairment/amputee that prohibits one from riding a two wheel upright bike

- Recumbent Cycle Men - 20 kilometers

Disability: Upper mobility, orthopedic and/or balance issues that prohibit one from riding a two wheel upright bike or handcycle

- Handcycle/Recumbent Cycle/Bicycle Women - 10 Kilometers

Open Disability/: Permanent physical disability and PTSD, TBI, Orthopedic

*\*Factored race with interval starts based on disability group*

- Bicycle Men Open - 30 kilometers

Open Disability: No permanent physical disability (PTSD, TBI, and Orthopedic)

- Bicycle Men Physical Disability - 30 kilometers

Disability: Permanent physical disability (i.e: amputation)

*\*Factored race with interval starts based on disability group*

- Tandem Men\Women\Mixed Visually Impaired - 30 kilometer

Disability: Visually Impaired - \* *Visual acuity of 20/200 or greater [best corrected] in both eyes and/or a visual field of less than 20 degrees*

*\*Factored race with interval starts based on men/women/mixed*

**\*\*All service branches will be allowed the following number of representatives for each event from each of the disability/classification groups noted above.**

#### Men's Events – 19 participants

Army – 9  
Marine Corps – 5  
Navy/Coast Guard – 3  
Air Force – 2

#### Women's Event – 19 participants

Army - 9  
Marine Corps – 5  
Navy/Coast Guard – 3  
Air Force – 2

## GENERAL EVENT RULES

Selected International Cycling Union(UCI) equipment rules pertaining to the cycling events at the Warrior Games are included below, as well as some additional general, USA Cycling and/or UCI rules.

**Bib Numbers:** All competitors are required to wear the bib number issued to them by event staff. Numbers must be placed on the right side of the torso (bicycles), or on the right side of the cycle or person (handcycle and recumbent). Race officials will ensure proper number placement prior to the start of the race.

**Starts:** Each race will begin as a “stationary start”, no rolling starts

**Draft Schedule of start times:**

- 8:00 am Recumbent Cycle Men - 20k
- 8:05 am Handcycle Men – 10k
- 8:10 am Handcycle/Recumbent cycle/Bicycle Women – 10k
- 9:00 am Bicycle Men Open – 30k
- 9:05 Bicycle Men Physical Disability – 30k
- 9:10 am Tandem Men/Women/Mixed Visually Impaired – 30k

**Helmets:** All competitors are required to wear a Snell or ANSI certified helmet, no exceptions.

**Use of catheters:** It is mandatory for cyclists who use catheters or other urinary diversion devices to prevent spillage by using a catheter bag at all times. This includes training, competition and classification.

### **General Equipment Regulations:**

**16.14.004** Artificial handgrips and prostheses are allowed on upper disabled limbs, but cannot be fixed to the cycle. For safety reasons, rigid prosthetic adaptations, including mounted or fixed on parts of the cycle, are not allowed.

**16.17.005** There should be no adjustment made possible to the equipment during the race. All adjustments must be made prior to the start of the race.

**16.14.006** All cycles must have two independent braking systems. If there is a braking system for the double wheels, it must involve both wheels. The braking systems must be dynamic; wheel locks or stoppers are not allowed.

**1.3.026** When competing, all riders are required to wear a jersey with sleeves and a pair of shorts, possibly in the form of a one-piece skin suit. The length of the shorts must be above the knee. Sleeveless jerseys are forbidden.

### **Handcycles:**

**16.17.001** A handcycle is either arm-powered (AP), arm-trunk powered (ATP) or kneeling position, three wheels vehicle with an open frame of tubular construction. It

must conform to the general principles of UCI construction for bicycles, except that the chassis frame tubes need not be straight. Additionally, for the seat or backrest construction, the maximum frame tube diameter may exceed the maximum defined by the general principles of UCI.

The single wheel may be of a different diameter to the double wheels. The front wheel, or wheels, must be steerable; the single wheel, either front or rear, must be driven through a system comprising handgrips and a chain.

The handcycle must be propelled solely through a conventional cycle drive train consisting of crank arms, chain wheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled from the hands, arms and upper body only.

**16.17.002** In the recumbent position, handcyclists must be able to see clearly. To measure: The horizontal of the athlete's eyeline must be above the crank housing/crank set when he is seated with his hands on the handlebars facing forward at full extent, and the tip of his shoulder blades are in contact with the backrest and his head is in contact with the headrest.

Quick release body harnesses are permitted. The measurement will be made as follows:  
- From the position described above, the distance will be measured from the ground to the center of the athlete's eyes while seated and then compared to the distance between the ground and the middle of the crank housing/crank set. The distance from the eyes to the ground must be at least equal or greater than the distance of the middle of the crank housing to the ground.

**16.17.004** In the kneeling position, the athlete's legs and feet must be supported and protected from the ground surface (*article introduced on 1.02.09*).

**16.17.011** The largest chain ring shall have a guard securely fitted to protect the rider. The guard shall be made of adequate solid material and fully cover the chain ring over half of its circumference (180°) facing the rider.

**16.17.013** Leg and foot rests shall be fitted as necessary with a secure means of protecting static, lower limbs from all moving parts. For safety reasons, handcyclists must wear shoes or sufficiently stiff foot protection which completely covers the foot unless the handcycle has a shell/structure which allows the feet to rest with no risk of coming out. In such cases, athletes are required, at minimum, to wear socks. In all cases, the feet should also be fixed to the bike with some sort of device which prevents the feet from falling out of the footrest.

### **Recumbent Cycles:**

**16.16.001** The recumbent cycle is a bike with three wheels of equal diameter. The front wheel, or wheels, shall be steerable; the rear wheel, or wheels, shall be driven through a system comprised of pedals and a chain.

**16.16.004** A tricycle with two front steerable wheels shall conform to the general principles of UCI construction.

**16.16.005** Wheels of the tricycle may vary in diameter between 70cm maximum and 55cm minimum, including the tire, using conventional cycle components. Modified hub attachments may be used if necessary. The width of tricycle double wheels may vary between 85cm maximum and 60cm minimum, measured at the center of each tire where the tires touch the ground.

**16.16.006** If a tricycle two-wheel rear axle does not have a differential, only one wheel must be driven, due to the different speeds of the wheels in bends.

**16.16.007** A tricycle/recumbent cycle shall not measure more than 200cm in length and 95cm in width.

**Bicycles:**

**16.14.001** Bicycles shall comply with the spirit and principle of cycling as a sport. The presumption is that cyclists will compete on equal footing. The principle asserts the primacy of man over machine. For morphological, or disability reasons, exceptions may be permitted, but the principle of the UCI regulations for cycles must be followed. For example: A handlebar adaptation is allowed for athletes with upper limb disabilities, if the athlete needs the adaptation to operate gear and brake levers, there is no unfair aerodynamic advantage and safety is not compromised.

**1.3.008** The rider shall assume a sitting position on the bicycle. This position requires that the only points of support be feet on the pedals, the hands on the handlebars and the seat on the saddle.

**1.3.009** The bicycle should have handlebars which allow it to be ridden and maneuvered in any circumstances and in complete safety. Only the traditional type of handlebars may be used, no time trial or "aero" bars are permitted. The brake controls attached to the handlebars shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports. Any extension to or reconfiguration of the supports to enable an alternative use is prohibited. A combined system of brake and gear controls is authorized.

**1.3.010** The bicycle shall be solely propelled through a chainset driven by the legs (inferior muscular chain) moving in a circular movement without electric or other assistance.

**1.3.012** A bicycle shall not measure more than 185cm in length and 50cm in width.

**1.3.018** Wheels of the bicycle may vary in diameter between 70cm maximum and 55cm minimum, including the tire. Wheels shall have at least 12 spokes; spokes can be round,

flattened or oval, as far as no dimension of their sections exceeds 10mm.

### **Tandem Bicycles**

**16.15.001** The tandem is a vehicle for two cyclists, with two wheels of equal diameter, which conforms to the general principles of UCI construction for bicycles. The front wheel shall be steerable by the front rider, known as the pilot. The pilot must also control the shifting and braking for the bike. Both riders shall face forward in the traditional cycling position and the rear wheel shall be driven by both cyclists through a system comprised of pedals and chains.

**16.15.002** The tandem top tube and any additional strengthening tubes may slope to suit the morphological sizes of the riders.

**16.15.003** Tandem bicycles must have an independent brake on each wheel.

**16.15.004** For the Warrior Games, the rear rider on the tandem, known as the stoker, must be the individual with a visual impairment. All tandems will race and be scored together, regardless of the classification of each tandem team (men, women or mixed).

### **Racing Rules:**

**Inter-category cooperation.** Competitors from different race categories may not work together during the race. Racers may only work with racers from within their race category. Although competitors from different categories may end up in the same group, they cannot provide assistance to one another. The only exception to this is when race categories are combined as determined by event staff.

**Cutoffs.** Competitors who do not meet cutoffs indicated by event staff may be pulled from the course.

**Timing and results.** All races will be scored using the Finish Lynx timing system; results will be provided for all categories within 1/100<sup>th</sup> of a second accuracy.



## Track and Field Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Disability/Classification Groups

- Single below the knee amputee and double below the knee amputee
- Single above the knee amputees and double above the knee amputees
- Upper body amputee, limb dysfunction and Visually Impaired (VI)  
*\*Visual acuity of 20/200 or greater, [best corrected, in both eyes and/or a visual field of less than 20 degrees*
- Wheelchair racing athletes
- Open – No permanent physical disabilities PTSD, TBI, Orthopedic injuries

**\*\*Each service will be allowed the following number of representatives for each event from each disability/classification group noted above**

#### Men's Event – 16 participants

Army – 7  
Marine Corps – 4  
Navy/Coast Guard – 3  
Air Force – 2

#### Women's Events – 8 participants

Army – 3  
Marine Corps – 2  
Navy/Coast Guard – 1  
Air Force – 1

#### Men's & Women's Events – 12 participants

Army - 5  
Marine Corps – 3  
Navy/Coast Guard – 2  
Air Force – 1

**Track Events** \*A minimum of three athletes must be signed up in a particular competition category for an event to be run

#### Men

100m 16 participants per category  
200m 16 participants per category  
800m 16 participants per category

### **Women**

100m 8 participants per category

800m 8 participants per category

### **Relay 4x100m**

Teams will consist of four total athletes, with a maximum of two representatives per competition category, except wheelchair athletes. Each service branch will be allowed to enter one team into the relay event.

*\*If the composition of the relay team can not be met with the listed requirements, it will be at the discretion of the meet manager as to who can enter.*

**Field Event** \* A minimum of three athletes must be signed up in a particular competition category for an event to be run

#### **Men**

Shot Put 12 participants per category

Standing – 6 kg

Sitting – 4 kg

Discus 12 participants per category

Standing - 1.5 kg

Sitting - 1 kg

#### **Women**

Shot Put 12 participants per category

Standing – 3 kg

Sitting – 3 kg

## **GENERAL EVENT RULES**

### **Clothing and Bib Numbers**

#### **Wheelchair racing athletes**

Every competitor will be provided with one bib number to be worn visibly on the back of the competition wheelchair. Helmets are required in all races of 800m and over.

#### **Lower & Upper Body Impairments and Open**

Competitors will wear a number on both front and back of shirt. Numbers will be provided by local organizing committee.

### **Assistance to Athletes**

#### **Wheelchair racing athletes**

Meet Director will determine which athletes are permitted escorts. An escort is someone who will be permitted to accompany competitors onto the competition area. Persons acting as escorts must be clearly identified by a distinctive vest. Escorts may assist the officials to ensure the athlete transfers safely to the throwing chair.

### Strapping

If an athlete uses strapping it must only be to the chair and of non-elastic material.

### Prosthetics

All leg amputees must use prosthetics for competition. No hopping is allowed.

## **Wheelchair Equipment Specifications**

No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The height from the ground to the main body of the chair shall be 50cm. Maximum diameter of the large wheel including the inflated tire shall not exceed 70cm and the small wheel can not exceed 50cm. One plain round hand rim is allowed for each large wheel. No mechanical gears or levers shall be allowed. No mirrors are allowed. The athlete should be able to steer the front wheel both left and right. No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.

## **100m & 200m Sprints**

### **Starting blocks**

#### **Leg Amputees, Arm Amputees, Open**

Starting blocks may be used, though a four point stance is not required by any athletes. An arm amputee or those with short arms may use pads on which to rest stumps at the start to improve balance. Pads must be completely behind the starting line and not interfere with any other athlete and should be the same color of the track or a neutral color.

Commands are “on your mark”—athlete will enter into the blocks or assume a standing start position—hands and feet must be behind the line. “Set” - athletes must be stationary (no movements) and then the firing of the gun.

### **Wheelchair Starts**

After the “On Your Marks” command, an athlete shall approach the start line; assume a position entirely within his or her allocated lane and behind the start line. At the “Set” command, an athlete should immediately take up the final position retaining the contact of the front wheel with the ground behind the line. The front wheel may be over the start line, but the contact of the front wheel with the ground is behind the line.

### **Compensator Setting**

Prior to any race conducted on the curve, the athletes will need an opportunity to set their compensator to the curve of the track. This can be done prior to the start of the track racing portion of the schedule or all wheelchair racers in an upcoming race have a five minute window to get on to the track and set their compensator.

### **The Race**

In races conducted in lanes, athletes must remain in their lane or be disqualified. If an athlete is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the athlete shall not be disqualified.

### **Timing and Photo Finish**

#### **Wheelchairs**

The time shall be taken to the moment at which the hub of the leading wheel of the competitor's chair reaches the vertical plane of the neared edge of the finish line.

### **Lower & Upper Body Impairments and Open**

The time is taken at the moment the torso crosses the finish line (head, neck, arms or legs do not count).

### **800m Race**

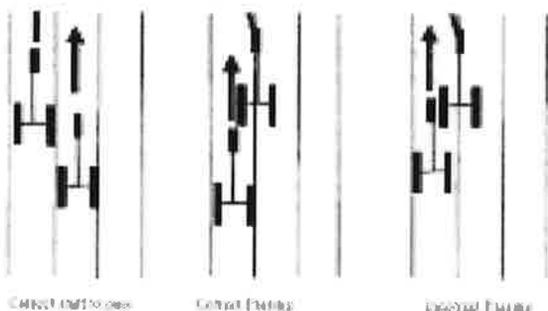
#### **Start commands**

The start commands will be "On your marks," the athlete must hold steady, and then the gun. The 800m race starts in a lane and then the athletes are allowed to cut in after the cones which are positioned to the track just after the first 100m.

#### **The Race**

##### **Wheelchairs**

An athlete coming from behind in an attempt to overtake another competitor carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.



### **Lower & Upper Body Impairments and Open**

Any competing athlete who jostles or obstructs another athlete, so as to impede his or her progress, will be subject to disqualification from that event.

### **Timing and Photo Finish**

#### **Wheelchairs**

An athlete's time is marked from the moment the hub of the leading wheel of the wheelchair reaches the vertical plane of the neared edge of the finish line.

### **Shot Put and Discus**

Shot put:

Athletes unable to use their hands will compete with a 2 kg shot put

Men's Sitting category will compete with a 4 kg shot put

Men's Standing category will compete with a 6 kg shot put  
Women's Sitting & Standing categories will compete with a 3 kg

Discus:

Men's Sitting category will compete with a 1 kg discus

Men's Standing category will compete with a 1.5 kg discus

Each participant will have six throws.

All shot puts and discuses will be provided by the meet organizers.

### **Clothing, Numbers, Glasses and Vests**

In field events clothing must be close fitting, and not be loose, so that the view of the judges is not impeded.

### **Prosthesis**

Leg amputees are not required to use prosthesis in the field events.

### **General Throwing Rules**

Standing athletes will throw a single throw and rotate through the field. Seated athletes will throw six consecutive throws.

Seated throwing chairs are staked down using stakes and ratcheted tie-downs. The facility must have an area of enough grass or gravel to stake down the chairs.

### **Time Limits**

<b># of Athletes</b>	<b>Throws</b>
More than three	1 min
Two-Three	1 min
One	-
Consecutive	2 min

### **Throwing Chairs**

The maximum height of the throwing fame, including the cushion (s) used as a seat, shall not exceed 75cm.

The frame may have a holding bar made of metal, fiberglass or similar material, but this must not have any articulation or joints. All parts of the frame must be fixed. Assistance to the athlete by flexible jointed parts is not allowed.

Chairs will be measured and marked as legal at the beginning of the competition, but meet managers have the right to re-measure a chair at any time.

An authorized holding device must be used. If a holding device should break during the execution of a throw, it shall not count as a trial, providing it was made in accordance with the

rules. If the competitor loses his balance and commits a foul, it shall not count against the athlete.

All parts of the frame and footrests must remain inside the vertical plane of the rim of the circle. It is important to watch for athletes using flexible throwing poles to make sure the pole (as a portion of the chair) does not extend over the inside edge of the circle.

Athletes will get two practice throws and then be able to make adjustments to their throwing chair, then the competition begins.

### **Lifting**

A competitor shall commence a throw or put from a sitting position, and, if lifting takes place, must keep one foot in contact with the ground inside the circle until the implement is released. The commencement is regarded as the forward movement which ends with the release of the implement.

Lifting occurs when an athlete does not have a foot on the ground and is using a footplate or frame to gain additional height to throw the implement. A portion of the buttocks must remain in contact with the seat of the chair.

### **Gloves and Taping**

Seated throwers may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

Athletes in all other categories can not use any kind of assistive device, nor can they tape together two or more fingers. Tape is not allowed under any circumstances, unless it's being used to cover an open wound.

### **Failed Throws**

A throw is considered a failure if an athlete in the course of a trial:

- a. improperly releases the shot
- b. after he or she has stepped into the circle and begun to make a throw, touches with any part of his or her body the top of the rim or the ground outside the circle
- c. touches any part of his or her body with the top of the stop board.

When leaving the circle, he or she must step out of the back half of the ring after the implement has landed.

All valid throws must land inside the sector lines.

### **Putting the Shot**

From start to finish, the movement shall be a straight, continuous putting action.

The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.



## **Sitting Volleyball Rules**

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### **Team Composition**

This tournament will consist of four, 12 player (maximum) teams. The four teams will represent the Army, Marine Corps, Navy/Coast Guard and Air Force.

### **GENERAL EVENT RULES**

**Tournament Format:** Teams will play four games, with the first three operating in a round-robin format. Teams will then be reseeded to play their final game.

Teams will play the best two out of three games. Games will be played until the first team reached 25 points. If a third game is needed it will be played until 15 points are reached. A team must win by two points in all games.

Paralympic volleyball follows the same rules as its non-disabled counterpart with a few modifications to accommodate various physical disabilities. In sitting volleyball, the net is about 3.5 feet high, and the court is 10 x 6 meters with a two-meter attack line. Players are allowed to block serves, but one buttock must be in contact with the floor whenever they make contact with the ball.

### **Key Rule Modifications that are Different from Standing Volleyball**

The position of each player is determined and controlled by the position of his/her bottom. This means that hands and/or legs may lie in the attack or free zone outside the court. Bottom is defined as the upper part of the body, from shoulder to one's buttocks.

Touching the opponent's court beyond the center line with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the center line. To contact the opponent's court with any other part of the body is forbidden. The player may penetrate the opponent's space under the net, provided there is no interference with the opponent. The feet and legs can contact under the net. Feet and legs can be in front of the three meter line or end line when serving, only the player's buttocks have to be behind the lines. The player is allowed to dig/contact the ball with their feet and legs.

The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

The player must have contact with the court with some part of the upper part of the body times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment.

The referee's official hand signal of "lifting from the court" is raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.

Referees in sitting volleyball must stand to the sides of the court because of the height of the net and the fact that the players are in a seated position.



## Wheelchair Basketball Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Team Composition

This tournament will consist of four, ten-player (Maximum) teams. The four teams will represent the Army, Marine Corps, Navy/Coast Guard and Air Force.

### GENERAL EVENT RULES

Tournament Format: Teams will play four games with the first three in a round-robin format, and will then be reseeded to play their final game.

Games will consist of two 20-minute halves, with a 35-second shot clock. A running clock will be in effect, with the clock stopping at the whistle in the last four minutes of each half. Teams will be required to have at a minimum of two players with lower limb impairments (i.e. spinal cord injuries, amputations, etc.) on the court at all times.

A player will be disqualified from play when he receives any of the following: Two Direct Technical's, Three Physical Advantage Foul (PAF'S) (see definitions on following page) or Five total fouls (which may include technical and PAF's).

Wheelchair Basketball follows the same rules as the NCAA with a few modifications to accommodate the wheelchair game.

**A complete rulebook can be found in PDF format by following the link:**

**[http://www.nwba.org/index.php?option=com\\_content&view=article&id=14&Itemid=121](http://www.nwba.org/index.php?option=com_content&view=article&id=14&Itemid=121)**

**Key Rule Modifications for Wheelchair Basketball:** The chair is considered to be part of the body. For example, a player is out-of-bounds when any part of his/her body or wheelchair touches the floor or any object on or outside of a boundary line.

A player cannot contact an opponent or opponent's wheelchair with his/her hand unless the contact is incidental in an attempt to play the ball. General rules of contact apply in wheelchair basketball. Intentional chair contact caused by a player to affect the progress or position of another player is a form of blocking, charging, holding or pushing. Contact caused by the momentum of a chair by a player who had made no visible effort to stop his/her chair while moving in for a goal is a charge. Contact after the ball is dead, is unsportsmanlike conduct.

To officially score a three point shot or a free throw shot, the large wheels of the chair must be behind the line when the player attempts the shot. However, the front casters may be over the line. It is acceptable to roll the chair forward while shooting, yet the ball must be released before the large wheels cross the line.

To execute a dribble, players must allow for one bounce of the ball for every two pushes of their chair. Taking more than two pushes in succession constitutes a traveling violation and the ball is awarded to the other team out-of-bounds.

During a free throw attempt a maximum of six players (four opponents for the free thrower and two teammates of the free thrower) shall be permitted on the lane. The two lane spaces closest to the end line shall remain open. All of the other players shall remain behind the free throw line extended and behind the three-point line.

A player may not leave or fall out of the chair to gain or maintain possession of the ball or gain any other advantage. This includes a player falling out of chair directly into line of play, a player falling out of chair not directly in line of play while potential scoring play is in progress. The play is stopped immediately when an injury is anticipated to a seated or fallen player, and the team will lose possession if in the judgment of the officials, a player falls out of his wheelchair to gain or maintain possession of the ball.

When an offensive player IN CONTROL of the ball throws the ball off of a defensive player or his/her chair, and goes out of bounds, it is a violation on the offense. The ball will be awarded out of bounds to the defensive team.

**Physical Advantage Foul (PAF):** All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for physical advantage over an opponent (e.g., raising out of his chair, or using the heel on the floor to maneuver the chair, or leaning forward on the foot rests to guard a player). A defensive player guarding an offensive player may not gain an advantage by leaning so far forward that his/her foot rests touch the floor. Three of these infractions, (i.e., three PAF) constitute automatic dismissal from the game.

**Tilting Chair:** A team loses possession when a player leans forward in the chair to the extent that the chair tilts and the footrest or the person's feet touch the floor while gaining, maintaining, shooting, or retrieving the ball. The ball is then awarded to a nearby opponent at the out of bounds spot nearest the violation.

If you have any further questions or need rule clarifications, please contact Todd Hatfield, National Wheelchair Basketball Association (NWBA) at: [toddatfield@nwba.org](mailto:toddatfield@nwba.org).



## **Ultimate Champion Rules**

These sport rules are modified from Paralympic competition rules to suit the population of the Warrior Games. Please note: The 2011 Warrior Games is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

### Disability Groups

- amputee/limb dysfunction, SCI, TBI/PTSD with a permanent physical disability and TBI/PTSD with no permanent physical disability

### Ultimate Champion Events

- 50m Freestyle Swim
- 10m Prone Air Rifle Shooting
- 100m Sprint Track
- Field - Shot Put
- Cycling

### **GENERAL EVENT RULES**

Each service branch can enter a maximum of three Ultimate Champion competitors (no minimum number). There will be a maximum of 12 individual competitors overall.

All Ultimate Champion participants will compete in their respective disability categories for each of the five events.

Separate points will be assigned to Ultimate Champion competitors based on how they finish in the FINALS for their respective disability categories. Team points will also be given to the service branches based on finishes of these competitors.

The Ultimate Champion winner is the individual at the end of the competition who has earned the most points in the five events listed above.

Tie Breaker: In the event of a tie, the Ultimate Champion will be the athlete with the highest number of top three placements in the event finals. If that does not break the tie, the Ultimate Champion will be the athlete with the highest number of first place finishes in the event finals. If there is still a tie dual Ultimate Champion awards will be presented.

## SCORING SYSTEM

A point based system will be used to determine the Ultimate Champion based on how competitors finish in their respective category event finals.

- In respective category event finals that have more than five participants, points will be awarded to the top five finishers in the following manner:
  - 1<sup>st</sup> Place – 5 points
  - 2<sup>nd</sup> Place – 4 points
  - 3<sup>rd</sup> Place – 3 points
  - 4<sup>th</sup> Place – 2 points
  - 5<sup>th</sup> Place – 1 point
  
- In respective category event finals that have five participants, points will be awarded to the top four finishers in the following manner:
  - 1<sup>st</sup> Place – 4 points
  - 2<sup>nd</sup> Place – 3 points
  - 3<sup>rd</sup> Place – 2 points
  - 4<sup>th</sup> Place – 1 point
  
- In respective category event finals that have four participants, points will be awarded to the top three finishers in the following manner:
  - 1<sup>st</sup> Place – 3 points
  - 2<sup>nd</sup> Place – 2 points
  - 3<sup>rd</sup> Place – 1 point
  
- In respective category event finals that have three participants, points will be awarded to the top two finishers in the following manner:
  - 1<sup>st</sup> Place – 2 points
  - 2<sup>nd</sup> Place – 1 point
  
- It is possible that no Ultimate Champion will receive points in a particular category event final, as non-Ultimate Champion competitors will be competing with them in these events.
  
- If an Ultimate Champion finishes in the top three in his/her respective category event final(s), the medal(s) that he/she wins will also count towards the team award for best branch of service