



Fédération Internationale de Sports d'Obstacles

PARA OCR COMPETITION RULES 2019

Version 2019.05.03

1. PARA-OCR COMPETITION RULES

1.1. General:

1.1.1. Para-OCR, as per the FISO Constitution, is governed by the FISO Competition Rules. This section contains the rules which affect only para-OCR.

1.1.2. Para-OCR Sport Classes (categories):

1.1.2.1. FISO Para-OCR has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of para-OCR.

1.1.2.2. The recognised types of impairment by the FISO are:

Impairment Type	Examples of Health Conditions that may cause impairment
Impaired muscle power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erbs palsy, polio, spina bifida, Guillian – Barre syndrome.
Impaired passive range of movement	Ankylosis, arthrogryposis, post burns joint contractures. Does not include hypermobility of joints.
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia).
Hypertonia	Cerebral palsy, brain injury, stroke, multiple sclerosis.
Ataxia	Cerebral palsy, brain injury, multiple sclerosis, Friedrichs ataxia, spincerebellar ataxia.
Athetosis	Cerebral palsy, stroke, brain injury.
Vision Impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, macular degeneration, congenital cataract.

1.1.2.3. The five sport classes are as follows:

- PO1 - Wheelchair users. Includes athletes with comparable activity limitation and an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, athetosis that prevent the ability to run. Through classification assessment, athletes must have a score of up to

640.0 points;

- PO2 – Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score of up to 454.9 points. Amputee athletes may use approved prosthesis or other supportive devices.
- PO3- Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 455.0 to 494.9 points. The athlete may use approved prosthesis or other supportive devices.
- PO4 – Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 495.0 to 557.0 points included. The athlete may use approved prosthesis or other supportive devices.
- PO5 – Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception but unable to recognize the shape of a hand at any distance or in any direction (B1) and partially sighted athletes with a visual acuity of less than 6/60 vision or visual field less than 20 degrees with best corrective vision (B2-B3). One guide is mandatory throughout the race.

1.2. Classification:

1.2.1. All Para-athletes competing at a FISO sanctioned competition must have an international classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Para-athletes requiring classification will need to:

- be available to attend an International Classification appointment with an FISO designated Classification Panel prior to the competition;
- provide, at time of classification, the “FISO PI Medical Diagnostics Form” or “FISO VI Medical Diagnostics Form” signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.

1.2.2. Para-athletes competing at an FISO event, where classification is not available,

will be required to submit specific medical documentation to FISO, no later than 4 weeks before competition, so that a provisional classification can be assigned to them.

- 1.2.3. When an athlete's sport class changes, a revision of the past results can be requested. FISO will evaluate each request on a case to case basis and decide whether the relevant race results need to be modified.

1.3. Eligible classes and Race formats

- 1.3.1. Para-athletes may start all together or grouped in waves.
- 1.3.2. At the discretion of the technical delegate a competition format may be changed to meet the needs of the para-athletes competing.

1.4. Para-athletes' briefing:

- 1.4.1. A compulsory briefing of para-athletes will be held before all FISO events and will be conducted by the FISO TD. Para-OCR coaches may also attend the briefing.
 - Para-athletes not attending the briefing without informing the TD of their absence, may be removed from the start list.
 - Para-athletes must notify registration official(s) of their presence upon entering the briefing room.
- 1.4.2. All guides and personal handlers must be registered at the briefing.
- 1.4.3. All para-athletes will pick up their own race packet following the briefing. The race packet will include:
 - PO1: 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 2 official race numbers for the personal handlers;
 - PO2, PO3 and PO4; 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 1 official race number for the personal handler;
 - PO5: 1 official race number for the athlete and 1 official race number for the guide with the word "GUIDE" written on it.

1.5. Para-OCR Personal Handlers

- 1.5.1. Securing qualified personal handlers shall be the responsibility of the para-athlete, and they should all be identified and receive credentials from the FISO

technical officials at the Para-OCR Briefing.

1.5.2. Personal handlers are to be allotted as follows:

- One (1) personal handler for sport classes PO2, PO3 and PO4;
- Up to two (2) personal handlers for sport class PO1;
- No personal handlers for sport class PO5 (Guides may act as the personal handler for this sport class).
- Personal handlers are specifically allowed to assist para-athletes by:
 - Helping with prosthetic devices or other assistive devices;
 - Lifting para-athletes when their reach is insufficient to negotiate an obstacle, for example a wall;
 - Adjusting clothing;
 - Repairing or helping para-athletes with equipment.

1.5.3. All personal handlers shall be subject to the FISO Competition Rules in addition to further regulations deemed appropriate or necessary by the Race Referee.

1.5.4. Any action taken by a personal handler, which propels the para-athletes forward may result in a disqualification.

1.5.5. One personal handler can assist a maximum of two athletes, provided that both athletes belong to the same sport class and gender.

1.5.6. All personal handlers shall be located within six (6) feet of their athletes' transition spot during the race. Permission from a Technical Official is required in order to move outside that zone.

1.6. Para-OCR Registration Process

1.6.1. Briefing registration:

1.6.1.1. Para-athletes have to sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the registration officials whether they will have their own personal handler, or if they need the LOC to provide the personal handler(s)

1.6.1.2. Para-athletes must attend the briefing with their personal handler(s);

1.6.1.3. Immediately after the briefing, they will collect their race packet and their personal handler(s) will collect the personal handlers' official shirt, as provided by the LOC.

- 1.6.2. Para-athletes' lounge check in
 - 1.6.2.1. Para-athletes and personal handlers must check in together;
 - 1.6.2.2. Personal handlers need to present themselves with the official race number and the official personal handler's shirt;
 - 1.6.2.3. If a para-athletes is present without his/her personal handler/s, he/she has to wait until the personal handler/s arrive. If the para-athletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play;
 - 1.6.2.4. Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the TD.
 - 1.6.2.5. Timing chips will be delivered during this process; Extra timing chip(s) should be delivered to P1 athletes.

1.7. PO1, PO2, PO3 and PO4 Running Conduct / Equipment

- 1.7.1. The only acceptable footwear on the run course (besides prosthetics) are running shoes.
- 1.7.2. Athletes with no amputation are not allowed the use of prosthesis.
- 1.7.3. Athletes must wear an official race number, which shall be visible from the front.

1.8. PO5 Conduct:

The following additional rules apply to all visually impaired (P5) competitors and their guides:

- 1.8.1. General:
 - 1.8.1.1. Each athlete must have a guide of the same gender. Both athlete and guide must hold a FISO license.
 - 1.8.1.2. Each athlete is allowed a maximum of one (1) guide during each race.
 - 1.8.1.3. An athlete must respect a waiting period of twelve (12) months after his/her last elite FISO event or any event recognised by FISO before competing as a guide.

- 1.8.1.4. All guides must comply with minimum age requirements as per the FISO Competition Rules.
 - 1.8.1.5. In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.
 - 1.8.1.6. Guides are not allowed to pull or push the athletes.
 - 1.8.1.7. Athlete and guide shall not be more than three (3) feet apart at any time during the competition.
 - 1.8.1.8. Guides may not use any mechanical means of transport (bikes, floats, etc.) unless pre-authorized by the TD and provided it does not provide an advantage for the para-athlete.
- 1.8.2. Running conduct:
- 1.8.2.1. Each athlete must be tethered during the run with his/her guide. They may receive verbal instructions only from their guide.
 - 1.8.2.2. At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing. As the athlete crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required three (3) feet maximum separation distance.
 - 1.8.2.3. The athlete may use an elbow lead during the run. In addition, the athlete may receive verbal instruction from the Guide
 - 1.8.2.4. Athletes who meet the B1 sub-class criteria will need to wear black out glasses through the run.

1.9. Hygiene

It is mandatory for all para-OCR competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter