

**GOVERNING RULES**  
**(Agreed items for the 43rd Oita International Wheelchair Marathon)**

This marathon will be held in compliance with the latest World Para Athletics Rules and Regulations and with the Competition Rules of Japan Para Athletics and also by common consent of the Oita International Wheelchair Marathon Organizing Committee.

1. Marathon and Half Marathon will be held in this event.
2. Wave start is used with 3 minutes' time difference between Marathon and Half Marathon. (Men and Women start at the same time)
3. All participating athletes must follow WPA Rules and Regulations regarding advertising and displays on clothes and wheelchairs during IPC Athletics Recognized Competitions.
4. Athletes must follow the designated lanes in the course from start to finish.
5. Athletes may leave the course with the permission of the race officials and under the supervision of the officials on condition that the travel distance is not shortened by leaving the course.
6. Drafting (Sport Classes T33-34, T51-54). Drafting behind an athlete from another sports class or gender within a distance of 5m or less is prohibited.
7. Any athletes who intentionally interfere with, or touch other athletes during the race will be disqualified.
8. Wearing a helmet is required.
9. Only the race officials or police officers are permitted to assist an athlete in case of crash or tumble during the race. Athletes will be disqualified if he/she is assisted in any manner influential to a better race result.
10. In principle, no wheelchair repair assistance will be provided during the competition. In addition, any equipment necessary for repairs will not be loaned or provided.
11. Athletes must retire immediately from the race when so ordered by the medical officials or the race officials so identifiable by their armbands.
12. Athletes must obey the directions of the race officials and police officers.
13. Athletes must ensure that no part of their lower limbs touch the ground or track during the event.
14. Classification: Please refer to the International Classification System.
15. This event is subject to doping control under the Japan Anti-Doping Code. For details of the Japan Anti-Doping Code and doping tests, please refer to the website of the Japan Anti-Doping Agency (<http://www.playtruejapan.org>).
16. Athletes must reach the following checkpoints within the given times:  
Marathon  
3km checkpoint      10:19:00 (19 min 00 sec)

|                 |                           |
|-----------------|---------------------------|
| 15km checkpoint | 11:00:00 (60 min 00 sec)  |
| 25km checkpoint | 11:45:00 (105 min 00 sec) |
| 35km checkpoint | 12:25:00 (145 min 00 sec) |
| Finish          | 13:00:00 (180 min 00 sec) |

#### Half Marathon

|                 |                           |
|-----------------|---------------------------|
| 3km checkpoint  | 10:22:00 ( 19 min 00 sec) |
| 10km checkpoint | 11:00:00 ( 57 min 00 sec) |
| 15km checkpoint | 11:30:00 ( 87 min 00 sec) |
| Finish          | 12:10:00 (127 min 00 sec) |

If any athletes fail to arrive at any of the checkpoints in time, he/she will be forcibly picked up.

#### 17. Drinks

(1) Drinks will be provided at the following points.

Marathon           7km ( 26km on return ) , 13km (31km on return) ,  
                          18km( 36km on return ) , 40km

Half marathon   7km, 13km

(2) The organizer will provide only water in paper cups.

(3) Any athletes receiving refreshments or provisions in a place other than the designated areas will be disqualified. It is possible to receive water by hand from the competition officials at the locations set up by the organizer.

(4) We will set up misting stations at select points. If athletes would like to be sprayed with water, they can ask an official there. Only officials at these points will be allowed to spray water on athletes.

#### 18. Regulations for wheelchairs are as follows:

(1) At WPA Competitions the wheelchair shall have two (2) large wheels and one (1) small wheel. In other Recognized Competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel(s) must be at the front of the chair.

(2) All wheelchairs must have functional braking systems for safety purposes

(3) Wheelchair Dimensions. No part of the main body (defined as the vertical plane of the back edge and wheels including the seat) of the wheelchair 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 maximum height from the ground of the main body of the wheelchair is 50 cm.

(4) No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tires.

(5) Wheel Dimensions

The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm.

The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.

(6) Only one plain, round, push-rims allowed for each large wheel.

Note: This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their WPA Athletics Classification Card or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.

(7) No mechanical gears or levers are allowed to propel the wheelchair.

(8) The use of mirrors is not permitted in wheelchair track or road races.

(9) Only hand operated, mechanical steering devices are allowed.

(10) The athlete must be able to turn the front wheel(s) manually both to the left and to the right.

(11) The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the athlete in the wheelchair are not permitted.

(12) Wheelchairs will be measured and inspected in the Call Room and once inspected must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.

(13) It is the responsibility of the athlete to ensure that no part of their lower limbs can fall from their wheelchair to the ground or track during the event.

(14) To prevent falls, only the T51 athletes in the half marathon are allowed to attach casters on the rear of their wheelchairs.

## 19. Race Numbers

Race numbers must be worn in their distributed form. The signs must not be cut or folded, and it must be visible. However, athletes are allowed to punch holes for the purpose of better ventilation if the letters and numbers are visible.

## 20. Photography

Athletes are not allowed to bring cameras, mobile phones or any other device capable of capturing images (whether still or moving) in the competition area, which includes the warm-up area and the areas from the pre-lineup to the finish line. However, except in cases where permission is granted by the TD.

## 21. Permitted equipment

Any protection equipment for body protection and/or medical purposes. (e.g. bandages, belts, supports, wristbands with cooling function, portable oxygen cylinders and similar breathing equipment, etc.) However, permission must be obtained in advance from the competition officials for the use of body protection equipment for

medical purposes.

A heart rate monitor, speed/distance meter, stride sensor, and other similar devices that the athlete himself/herself carries or wears. However, the equipment must not be used for communication with others.