

GOVERNING RULES
(Agreed items for the 45th 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. The Marathon and Half Marathon will start at different times. Additionally, a wave start system will be implemented for the Marathon (for both men and women).
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. The helmet must have a hard outer shell with excellent protection and meet international safety standards (such as SNELL B-84/90/95, BSI 6863, EN 1078, etc.).
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 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. Checkpoints (Cut-off points) are established as follows:

Any athlete who exceeds the time limit will be immediately picked up by the SAG vehicle (sweeper vehicle), even if they have not yet reached the checkpoint.

[Marathon Category]

*The times before the slash (/) apply to WAVE 1, and the times after apply to WAVE 2.

(The time in parentheses indicates the actual time of day the checkpoint closes.)

* 1st Checkpoint (approx. 1.3km): 20:00 / 15:00 (Closing Time: 10:20:00)

* 20km Point: 1:30:00 / 1:25:00 (Closing Time: 11:30:00)

* 27.8km Point (Shinkawa Intersection): 2:00:00 / 1:55:00 (Closing Time: 12:00:00)

* 36km Point (Hioka Intersection): 2:35:00 / 2:30:00 (Closing Time: 12:35:00)

* 40.9km Point (Saiki Construction Front): 2:55:00 / 2:50:00 (Closing Time: 12:55:00)

* Finish Line (42.195km): 3:00:00 / 2:55:00 (Closing Time: 13:00:00)

[Half Marathon Category]

(The time in parentheses indicates the actual time of day the checkpoint closes.)

- * 1st Checkpoint (approx. 1.3km): 10:00 (Closing Time: 10:20:00)
- * 10km Point: 1:10:00 (Closing Time: 11:20:00)
- * 14.8km Point (Hioka Intersection): 1:40:00 (Closing Time: 11:50:00)
- * 19.8km Point (Saiki Construction Front): 2:05:00 (Closing Time: 12:15:00)
- * Finish Line (21.0975km): 2:10:00 (Closing Time: 12:20:00)

17. Water Supply

(1) Water stations will be established as follows:

* Marathon Category: 2 water stations

- 2km Point (also serves as the 16km and 28km points)
- 7km Point (also serves as the 20km and 33km points)

* Half Marathon Category: 3 water stations

- 2km Point, 7km Point, and 13km Point

- (2) The organizer will provide water only, and no other beverages will be provided.
- (3) Any athlete who receives refreshments, provisions, or sponges from anyone at locations other than the designated water stations set up by the organizer will be disqualified. However, receiving assistance from race officials at the designated water stations is permitted.
- (4) Water spraying using spray bottles will be available at each water station. Athletes who wish to be sprayed must notify the race officials at the water station. Only designated race officials are permitted to spray water, and spraying is not allowed at any location other than the water stations.

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.
- (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 devices capable of capturing images (whether still or moving) into the Competition Area, which includes the areas from the Warm-up Area to the Finish Line.

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.