2019 Marine Corps Trials
Ultimate Champion Rules

GENERAL RULES/CLASSIFICATIONS:

Classifications

- All Ultimate Champion participants will compete in their respective sport classifications for each of the six events.

Ultimate Champion Events (Men and women compete for same trophy)

- Cycling
- Archery – compound or recurve bow
- Field - shot put
- Shooting - 10m prone air rifle
- Swimming - 50m freestyle
- Track - 100m sprint

GENERAL EVENT RULES

Separate points will be assigned to Ultimate Champion participants based on how they finish in the FINALS (does not include semi and quarter final rounds) for their respective disability categories. Points will also be given to the team 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.

The Ultimate Champion participants:

- Can compete in all relay events (Swimming: 200m freestyle relay, Track: outdoor 4x100m (indoor 4x75m relay)
- Must compete in the following events:
    - Swimming - 50m freestyle
    - Shooting - 10m prone air rifle
    - Track - 100m sprint
    - Field - shot put
    - Cycling
    - Archery – compound or recurve bow

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:
  1st place – 5 points
  2nd place – 4 points
  3rd place – 3 points
  4th place – 2 points
  5th 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:
  1st place – 4 points
  2nd place – 3 points
  3rd place – 2 points
  4th 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:
  1st place – 3 points
  2nd place – 2 points
  3rd 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:
  1st place – 2 points
  2nd place – 1 point

- In respective category event finals that have only two participants, no points will be awarded.

- It is possible that an Ultimate Champion participant will not 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 participant 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 and Commanders' Cup.

2019 Marine Corps Trials
Archery Rules

ARCHERY - Disability/Classification Groups
Open to All

ARCHERY EVENTS
1) Compound Open
2) Recurve Open
3) Team Compound
4) Team Recurve

***Athletes must choose to shoot either Compound or Recurve (cannot do both).**

GENERAL EVENT RULES
Men and women will be combined.
Shooting Distance: 18m
Equipment Rules: FITA (www.archery.org)
Target Size: 40cm (single spot or triangular three spot)

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, and then all archers will retrieve and score. There will be a qualification round where the competitors shall shoot two rounds consisting of ten ends of three arrows, with a break between rounds. The top 8 athletes in each individual event will move to the elimination (medal) round. The elimination round will be single elimination. Medal rounds will be three arrows, 4 ends / alternating shots, 30 seconds per shot. Team members may compete against each other in the elimination round.

***Note:** Format may change due to time or other unforeseen circumstances.*

COMPOUND/RECURVE TEAM COMPETITION
Each Service can have one compound team and one recurve team. Each team will consist of three athletes. For Services with four archery athletes, only the top three will make up the team.

Each team will have two minutes to shoot six arrows (two by each person). All athletes will stay on the shooting line. Format will be single elimination.

Two blasts of the whistle will indicate "get ready". A single blast ten seconds later will indicate the start of shooting. The first archer cannot take the arrow out of the quiver until after the single blast. The following archers cannot remove their arrows from the quiver until the archer before them has indicated the completion of shooting. There will be three ends per match. Ties will be broken by each team member shooting one arrow. The team with the arrow closest to the center will be the winner.

2) 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

Tips

An assembled recurve bow should measure roughly about the same height as the person shooting it in standing position. For a person shooting from a wheelchair it will likely need 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.

3) Other Equipment

Finger tab – Used to protect the fingers from the string and works better than a glove. Tabs 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

2019 Marine Corps Trials
Cycling Rules

CYCLING - Disability/Classification Groups and Distances

1) Men and Women Handcycle - 10 kilometers
   Disability: Lower mobility impairment/amputee that prohibits one from riding a two wheel upright bike or a recumbent bike **Factored race with interval starts for kneeler entries*

2) Men and Women Recumbent Cycle - 20 kilometers
   Disability: Upper mobility, orthopedic, and/or balance issues that prohibit one from riding a two wheel upright bike or handcycle

3) Men and Women Bicycle Open - 30 kilometers
   Open Disability: No permanent physical disability (PTSD, TBI, and Orthopedic)

4) Men and Women Bicycle Physical Disability - 30 kilometers
   Disability: Permanent physical disability (i.e: amputation)

5) Men\Women\Mixed Tandem Visually Impaired - 30 kilometer
   Disability: Visually Impaired - *Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes, Guides can be civilian*

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 place 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

Helmets: All competitors are required to wear a securely fastened helmet that meets either the US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets.

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.

Coaches: No coaches will be allowed on the race course during the event.

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 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 cycling specific jersey with sleeves and a pair of shorts or a one-piece skin suit. The length of the shorts must be above the knee. Sleeveless jerseys are forbidden. Cycling specific shoes are also permitted.

2019 Marine Corps Trials
Field Rules

FIELD - Disability/Classification Groups

1) Standing Shot & Discus
   a. Open – No permanent physical disabilities (PTSD, TBI, Orthopedic injuries)
   b. VI – (Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes)
   c. Other – Leg amputees, Arm amputees, Leg/Arm dysfunctions – (If a thrower is entered in to a running event, they will compete in this classification group and not the seated throws disability group)

2) Sitting Shot & Discus
   a. Wheelchair – Participants in this category are paraplegic, have minimal or no use of lower extremities, and are a primary or full-time wheelchair user
   b. Other – All other disabilities that cannot throw standing up and are not in a standing running event will be in this category. Participants in this category must compete with their feet off the ground and secured to the throwing chair. Amputees who compete in this category may not use their prosthetic devices.

Men

1) Shot Put
   Standing – 6 kg
   Sitting – 4 kg

2) Discus
   Sitting – 1 kg
   Standing – 1.5 kg

Women

3) Shot Put
   Standing – 4 kg
   Sitting – 3 kg

4) Discus
   Sitting – 1 kg
   Standing – 1 kg

GENERAL THROWING RULES

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. Shot put athletes unable to use their hands will compete with a 2 kg shot put.

Throws:
If the standing categories have greater than twelve participants, they will be broken into preliminary flights. During preliminary flights, they will be afforded three (3) attempts in the preliminary round and the top eight (8) performers will receive three (3) additional attempts in the final round. Standing athletes will throw a single throw and rotate through the field. Seated athletes will throw six attempts consecutively. Athletes will get two practice throws and then be able to make adjustments to their throwing chair, and then the competition will begin.

Throwing Implements and Chairs:
Any competitors wanting to use their own throwing implements and chairs will need it measured, weighed and approved. All approved implements and chairs will be placed into a general pool and made available for all competitors in the competition.

Clothing:
In field events clothing must be close fitting, and not be loose, so that the view of the judges is not impeded. Competitors will wear the issued Marine Corps Trials team uniform while competing in the field events.

Prosthesis:
MCT rules state that leg amputees who compete in **the seated field events** may not use their prosthetic devices. Participants in this category must compete with their feet off the ground and secured to the throwing chair.

Throwing Chairs Frame Specifications:

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

b) Footplates if used are for support and stability only;

c) Footplates to be placed on the ground and to secure the contact foot are allowed, but should not provide height advantage. The height of these footplates must not exceed 1 cm;

d) Side and back rests for safety and stability may be attached to the seat. They must be nonflexible and non-movable;

e) The frame may have a holding bar. The holding bar material may be of metal, fiberglass, or a similar material and must be a single straight piece of material without curves or bends and should not contain springs, joints, or articulation. The cross-sectional profile should be circular or square not oval or rectangular. The point where the holding bar is fixed (joined) to the chair must contain no levers or hinges that could assist with propulsion of the implement;

f) No part of the frame including any holding bar shall be moveable during the throwing action;

g) A day chair that satisfies these criteria is acceptable.

Note: Fiberglass can be rigid, flexible, and brittle, only rigid fiberglass holding bars will be permitted.

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.

Seated throwing chairs are staked down using stakes and ratcheted tie-downs.

A reasonable time will be permitted for an athlete's throwing chair to be placed in the circle before the commencement of their first trial, however, this process should not normally exceed 5 minutes.

Holding Device Failure:
If a holding device should break or fail during the execution of a throw then the overseeing official should:

a) If the athlete does not foul, offer the athlete the option of retaking that trial (i.e., if the athlete is happy with the distance and they haven't fouled then the athlete has the option counting the affected trial), or;

b) If the athlete fouls then the trial should not be counted and the athlete should be allowed to retake the affected trial.

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.

Lifting:
A competitor shall commence a throw or put from a seated position. 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 cannot use any kind of assistive device, nor can they tape together two or more fingers. Tape is not allowed under any circumstances, unless it is being used to cover an open wound.

Time Limits

Seated Throwers:

A competitor will be given a time of one minute between each throw. The one-minute time will begin when the implement is handed to the competitor. Competitors will be given a three minute break after their third throw.

Standing Throwers:

A competitor will be given a time of one minute to commence a throw from the time the competitor's name is called.

**For items not specifically addressed here, reference the International Paralympic Committee's Track and Field rules.*

2019 Marine Corps Trials
Rowing Competition Rules

Rowing

Indoor rowing is an endurance sport. Competition measures power output and athlete's speed. The concept II rower is used to simulate the action of outdoor water rowing. The indoor rower should be modified for inclusion for all competitors to participate.

Rowing Equipment

An Indoor Rowing competition is a competition in which all competitors use rowing machines as defined in these Regulations and where the competition format is in accordance with these Regulations.

All competitors in any one race shall use identical make and model of rowing machines, the intention being that each competitor shall have equal racing conditions with all other competitors.

No attachments may be added or connections made to any machine without the approval of the competition director and in accordance with the World Wide Rowing Federations. Competitors shall not be permitted to use their own machine in an international competition but shall use the machine to which they are allotted by the organizing committee.

Only rowing machines approved by the organizing committee shall be used in Indoor rowing competitions. The rowing machines shall at a minimum have interconnection for electronic timing and external graphic display. (ii) Performance Monitor – Each machine shall.

The rowing machines shall be placed on a non-slip surface or some other measures shall be taken to minimize the movement of the machines during racing.

Resistance: Resistance setting - Where the rowing machine has a facility to adjust the resistance, the setting may be adjusted by the rower before the start of a race but no adjustment is permitted during a race. In the case of a relay event, such adjustment may be made at the same time as the rowers change but not at any other time during a race. **There are no prescribed damper settings for competitions.**

Rules

1. Must be a total of 2 competitors per event In the event that there is a single competitor, they will be given the opportunity to compete 'up' (i.e. IR1 compete with IR2 competitors), but there will be no factoring to the distance and no separate medals awarded.

2. All rowers shall be seated on their machine two minutes before the designated start time.

3. Competitors may compete in both of the following events:
   a. One Minute individual sprint race
   b. Four minute individual endurance race

4. Men and women will compete in separate categories.

5. Competitors racing in the one and or 4 minute individual races will be ranked into their categories by the distance rowed in the designated time period for that event.

Competition Start

1. When the rowers for which they are seated on their machines, each timekeeper shall raise his or her hand above their head.

2. When all the rowers are on their machines and approximately one minute before the start time, the Starting official shall say: **"All rowers pick up the handle".**

3. When each timekeeper sees that the rowers for which they are responsible have picked up the handle and the flywheel is not moving the competitor is ready to race, they shall lower their hand. If a racer is not ready or needs to adjust the components of the rower the timekeeper will keep his or her hand in the air.

4. The starter will ensure all flywheels have stopped moving and will trigger the computer starting sequence: **"Sit Ready, Attention – GO!"**

5. If the Starter considers that a rower has caused a false start he may stop the Race or he may allow the race to continue. Where the Starter decides to allow the race to continue then no warning shall be given.

Venue Set up

1. The competition venue should be in a sports hall or arena or a similar venue with adequate space for the competition and facilities for spectators suitable for the competition layout.

2. A Separate warm up area should be designated for competitors to use prior to competition heat. The warm up area can be in the same room but it must be separate from the competition area.

3. Race Control area in which the computer race controls and the relevant race management officials will sit during the competition.

4. The competition machines are positioned in two or more rows.

5. Only the Race Officials and competing rowers and one timekeeping volunteer per rowing machine are permitted to be in the competition area during the race.

6. The volunteer timekeeper should be at the side each rower should record the following information at the end of each race.
   a. Name of Athlete
   b. Gender
   c. Distance covered in the 1 minute or 4 minute time limit.
   d. Recorded information must be turned in to officials at the end of each heat.

7. A large digital clock should be available showing the amount of time passed per each race.

Classifications

Rowing is open to all illness/ injury groups, with men and women competing separately for medals. Medals will be awarded across both the 1 minute and 4 minute events for a maximum of 12 categories (6 for men and 6 for women).

Category	Description	Technical / Functionality	Equipment
IR1	Triple Amputees/ Complex Trauma to 3 or more limbs.	Competitors have a complex trauma injury to 3 or more limbs	Static rowing seat (flat or upright) and single hand grip. Hand grips allowed on remaining hand if grip impaired.
IR2 (FISA AS)	For those who can only use arms and shoulders – no leg/ trunk function (e.g. VERY high bilateral amputees, SCI (those who rely on a wheelchair etc) Neurological impairment with a complete lesion at T12 level, or an incomplete lesion at T10	Unable to pass a long sit test – if the competitor sits with their legs straight out in front of them with arms straight out at shoulder height, are they able to lean forwards 45o and backwards 45o? • Unable to perform a standing squat	Upright rowing seat with lap, pelvic and chest strap. Hand grips allowed if grip impaired, e.g. Active Hands
IR3	Upper Limb impairments only – full leg and trunk function. i.e. above elbow amputees, below elbow amputees, nerve damage to Upper limbs etc.	Would row with one arm/ with hand grips if grip impaired • Full leg and trunk function – are able to propel themselves on a sliding seat	Single hand grip, standard rowing seat and set up (sliding seat). If grip impaired on other hand, hand grips allowed, e.g. Active Hands
IR4 (FISA TA)	This would be for severe leg impairments, with trunk function including bilateral amputees with long residual femur, reduced active functional range of movement in one or both knees which prevents compression beyond half slide – i.e. significantly reduced flexion of the knee(s) Neurologic impairment equivalent to a complete lesion at L3 level, or incomplete lesion at L1	Unable to perform a standing Squat • Unable to propel themselves on a sliding seat of a rowing machine • Tested with and without prosthetics	Flat seat (static) with leg straps (x2). Hand grips allowed if grip impaired, e.g. Active Hands
IR5 (FISA LTA)	Use of legs, trunk and arms but with a physical impairment, i.e. below knee or through knee amputee, VI, ankle/ wrist injuries, minor upper arm injuries (usually below elbow); includes visual impairment	Able to row using legs, trunks and arms (i.e. standard rowing machine set up) • Able to propel the sliding seat of a rowing machine at >half slide for 15-20 stroke • This Category can also include neurological impairments with a physiological impact (i.e. reduced coordination	Standard rowing seat. Hand grips allowed if grip impaired, e.g. Active Hands
IR6	Open – For all those without a physical injury/ minimal physical injury (i.e. PTSD, brain injury etc.)	Able to row using legs, trunk and arms on a standard rowing machine	Standard rowing seat and set up. Hand grips allowed if grip impaired, e.g. Active Hands

Venue Set up

8. The competition venue should be in a sports hall or arena or a similar venue with adequate space for the competition and facilities for spectators suitable for the competition layout.

9. A Separate warm up area should be designated for competitors to use prior to competition heat. The warm up area can be in the same room but it must be separate from the competition area.

10. Race Control area in which the computer race controls and the relevant race management officials will sit during the competition.

11. The competition machines are positioned in two or more rows.

12. Only the Race Officials and competing rowers and one timekeeper per rowing machine are permitted to be in the competition area during the race.

13.

Competition Start

1. All Athletes should be in position on the rower for the start command.

2. Ensure screens and monitors are turned on and in the correct setting or mode

3. The head coach or lead official will initiate the competition with the command to Start or a whistle blow for the start of the competition.

4. The rower will end or stop at the end of a 1 minute or 4 minute race period. The distance will be recorded and compared to the other competitors within his or her category.

5. The athlete with the most meters rowed will win the competition

6. The front of the rowing machine should face the competitors, a recorder should

Scoring Sheet for Indoor Rowing Competition

1 Minute Competition

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

Scoring Sheet for Indoor Rowing Competition

4 Minute Competition

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

Time Keep Cards

Competition Time Limit:

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

*Timekeeper name:*_____ *Rower Number:*_____

Notes:

_____

Time Keep Cards

Competition Time Limit:

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

*Timekeeper name:*_____ *Rower Number:*_____

Notes:

_____

Time Keep Cards

Competition Time Limit:

Heat	Competitor Name	Classification	Gender	Total Meters Rowed

*Timekeeper name:*_____ *Rower Number:*_____

Notes:

_____

2019 Marine Corps Trials
Shooting Rules

SHOOTING - Disability/Classification Groups

1) Open Category – Includes competitors who do not have a permanent physical disability. Examples of open category competitors include individuals with PTSD, TBI or orthopedic injuries.
2) SH2 Category – Includes competitors who do not have the ability to support the weight of the rifle with their arms and therefore require a spring stand (upper body injuries, arm amputees).
3) SH1 Category – Includes all competitors with a permanent physical disability (spinal cord injury, leg amputees, and stroke).

Shooting Events

1) 10M Air Pistol (Open & SH1) – 40 shots
2) 10M Air Rifle - Standing (Open, SH1 & SH2) – 40 shots
3) 10M Air Rifle - Prone (Open, SH1 & SH2) – 40 shots

Athletes are limited to only two events and number of shots may be reduced due to time restraints.

The disability category in which an athlete competes will remain consistent across all rifle events. For example, an athlete competing in the SH1 Air Rifle – Standing will also compete in the SH1 Air Rifle – Prone. However, those athletes competing in pistol will follow the pistol disability/classification group.
Any athlete competing in the SH2 Rifle events may also compete in the Pistol SH1 Category provided the athlete can safely load and fire the air pistol without assistance.

GENERAL EVENT RULES

-All events shall be fired at a distance of 10 meters.
-Only target grade (not "field" grade) air (compressed air or CO2) single shot rifles and pistols with iron sights firing a .177 caliber soft lead match pellets can be used for competition.
-Correcting lenses and telescopes cannot be attached to the rifle; any sight not containing a lens or system of lenses is permitted. Course of fire for all events is 40 record shots in 75 minutes.

-Event finals will be held for the top eight rifle competitors in:

a. Prone and Standing
b. Open
c. SH1 and SH2 categories and top eight pistol competitors in the Open and SH1 categories.

-Events with less than eight competitors will still shoot a final. Male and female athletes will compete in the same categories.

Safety:

1. In USA Shooting competitions, the competitions director is responsible for enforcing safety rules and standards.
2. Each shooter is responsible for following all safety and gun handling rules mentioned anywhere in the rulebook and all standard safe gun handling procedures.
3. Any shooter or official may stop the shooting at any time in the interest of safety.

Competition Equipment

All athletes/Services are responsible for providing their own equipment, including air rifles and air pistols, spring stands, tables, and accessories (e.g., slings, rifle forend stops), and compressed air cylinders or CO2 cylinders/cartridges, and adapters for filling their compressed air cylinders.

Optional: Clothing requirements are dependent on what the head coach requires each year. Shooting clothing includes items such as jackets, shooting glove, and boots.

It is against TSA regulations to fly with individual compressed air cylinders or CO2 cylinders/cartridges, so athletes/Services are advised to ship those items in advance or be prepared to purchase locally.

Some equipment has the blinders screwed into the rear site. This is no longer permitted. Blinders may be attached to the hat, cap, shooting glasses, or to a head band. Side blinders cannot be more than 40 mm deep (60 mm for Shotgun athletes)

The front edge of a side blinder must not extend further forward than the center point of the forehead, when viewed from the side. The lower edge of the side blinder must not extend down more than 20 mm below the centerline of the eye. Front Blinders to cover the non-aiming eye that are more than 30 mm wide are not permitted.

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 (ISSF) and the International Paralympic Committee (IPC).

For more information on IPC regulation apparel, visit http://www.ipc-shooting.org/Rules/

EVENT DETAILS

Air Pistol:

Open – The pistol is held with one hand in the standing position.

SH1 – 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:

Open and SH1 – The athlete will be seated and may rest both elbows and lean the torso against the bench or a table on the firing point for stability (see IPC rules). Athletes may use a sling to support the weight of the rifle

SH2 – If the athlete is unable to support the rifle due to injury, the rifle will be supported by a spring stand (see IPC rules). Spring stands may be tested by range officials to determine if the spring stand meets IPC rules. The athlete will be seated and may rest both elbows and lean the torso against the table or chair on the firing point for stability.

Air Rifle Standing:

Open – The athlete will be in the standing position (see ISSF rules).

SH1 – Athletes will rest one elbow on their hip or ribcage to support the weight of the rifle. The athlete may be in the standing position or seated, if required, but may not rest any part of the body or arms against a bench, table, chair or wheel chair. The exception is that athletes with spinal cord injuries may contact the back of the chair.

SH2 – If the athlete is unable to support the rifle due to injury, the competitor may fire from a stand, bench or table, and the rifle will be supported by a spring stand that meets IPC rules. The athlete may be standing up or seated, if required, but may not rest any part of the body or arms against a bench, table, chair or wheelchair (see IPC rules. The exception is that athletes with spinal cord injuries may contact the back of the chair.)

Specific rules about the guns, ammunition, targets, ranges and other competition equipment are available at the USA Shooting website: http://www.usashooting.org/7-events/usasrules

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

2019 Marine Corps Trials
Sitting Volleyball Rules

GENERAL EVENT RULES

Players will be required to wear numbers on the back of their uniform to track serving order and substitutions for the scorekeepers.

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

In the event of a tie at the conclusion of round robin play, the seeds will be determined based on the following method:

If two teams are tied, the one with the better overall won-loss record gets the higher seed. If the two teams have the same overall number of wins and losses, the head-to-head winner in match play will get the higher seed.

In the event there is a three-way or more tie, the total number of sets won/loss record (of the teams in the 3 or more way tie) will determine how the teams are seeded. If there is still a tie; then total points (won/lost), not head to head will determine seeding. Should the total game points also result in a tie; a coin toss will be used to determine the seeds.

Key Rule Modifications that are Different from Standing Volleyball:
Sitting Volleyball follows the same rules as its able-body counterpart with a few modifications to accommodate various physical disabilities.

Court Set Up:
-In sitting volleyball, the net is 1.15 meters high.
-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.

Player's Body Rules and Regulations:
-<u>The position of each player</u> 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.

-A player's feet and legs may penetrate the opponent's space under the net, provided there is no interference with the opponent. To contact the opponent's court with any other part of the body is forbidden.

-When serving, only the player's buttocks have to be behind the end line. Contacting the ball with any body part is permitted.

-The player is not allowed to lift his/her bottom completely 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. Feet or legs may be in contact or across the attack line.

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

-The referee's official hand signal of "lifting" 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.

Substitution Procedure

A team may make as many substitutions as it wishes during the match. Players may only play within one position of the service order. This eliminates the possibility of a player always substituting out when rotating to the back row only to substitute immediately back into the front row for a different player. Example – If player A begins in the second position of the service order and is replaced by player B, player A can only reenter the game to the location where player B has rotated to as play progressed. Any number of players can play a single position. The only requirement is that once they enter the set to play in a specific position, they must maintain that position relative to the serving order.

To make a substitution, during a dead ball:

-A coach may request a substitution by verbally informing the second referee.

-A substitute player enters the substitution zone

a. The substitution zone is the area outside the sideline between the center line and the attack line.

-The substitute(s) going into the match waits at the sideline for the player coming out of the match, and then waits for authorization from the second referee to enter.

-If there are to be more than one player substituting during the same dead ball, all players must report to the substitution zone at the same time. Coaches may also verbally inform the second referee how many substitute players will change.

Frequently Asked Questions on the Rules

Contact with the net:

-The ball may contact the net at any time, including serve, and it remains in play.

-A player may not contact the top white band of the net when playing the ball. A player may contact any part of the net below the top white band as long as it does not interfere with play. Example – a player hits the ball over the net and during his/her follow through, contacts the black mesh of the net. This is legal and play continues.

Contacting the ball:

-Multiple contacts by a player playing the ball is permitted on the team's first contact, provided it is a single attempt to play the ball.

-A touch on the ball during a block attempt does not constitute a team's first contact and therefore, the same player may attempt to play the ball again. The player's contact with the ball after touching the ball on a block attempt may include multiple contacts as it is this attempt that is considered the team's first contact.

- Prolonged contact with the ball is not permitted. This is a judgment call by the referee and should never be questioned when it is or is not called.

Reaching beyond the net to contact the ball:

-Attacking a ball that is completely on the opponent's side of the net is not permitted.

-Blocking a ball that is completely on the opponent's side of the net is permitted when:

a. The opponent has made its three team contacts on the ball,

b. The opponent has directed the ball over the net,

c. The ball is falling near the net and no one is making an attempt to play the ball

A back row play

-May play in the front row as long as they do not complete an attack of the ball, completely above the height of the net. A player completes an attack when:

a. It is the team's third contact

b.The ball is legally blocked by an opponent

c.The ball crosses the net, regardless of the player's intention.

2019 Marine Corps Trials
Swimming Rules

SWIMMING - Disability/Classification Groups

1) Single Leg Amputee and/or permanent lower body limb dysfunction comparable to (SLA)
2) Double Leg Amputee (DLA)
3) Below the Elbow Amputee and/or permanent upper body limb dysfunction comparable to B/E
4) Above the Elbow Amputee and/or permanent upper body limb dysfunction comparable to A/E
5) Spinal Cord Injury (SCI) **Participants in this category are paraplegics or tetraplegics, have minimal or no use of lower extremities, and are a primary or full-time wheelchair user*
6) Visually Impaired (VI) * *Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes*
7) Open **No permanent physical disabilities - PTSD, TBI, Orthopedic injuries*

Distances (Men/Women):

1) **50m freestyle**
2) **100m freestyle**
3) **50m backstroke**
4) **50m breaststroke**

Rules: The Marine Corps Trials swimming competition will be run using USA Swimming rules. They can be downloaded at: http://www.usaswimming.org/_Rainbow/Documents/d058dc69-ffc9-4e75-9069-fc977a102a33/2015%20Rulebook.pdf

Combined 200m freestyle relay - Teams will consist of four total athletes, with a maximum of two representatives from the open category and all others selected from the other disability categories. **If the composition of the relay team cannot be met with the listed requirements, it will be at the discretion of the meet manager as to who can enter.*

GENERAL EVENT RULES

1) Athletes must supply their own swimsuit, goggles, and cap
2) Full body suits and wetsuits will not be allowed
3) Athletes may not use any device that aids speed, buoyancy, or endurance (i.e. webbed gloves, flippers, or fins)
4) Videotaping may **NOT** be used to protest a call

Starts:
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 can be used 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.

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 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.

For a swimmer with a visual impairment, on the long whistle from the referee the swimmer shall be permitted to orientate themselves prior to the starter's command, "take your marks".

The swimmer, who has balance problems i.e. standing stationary, may have assistance to balance his/her self on the starting platform i.e. hold at the hips, hand, arm, etc. by one support staff. Support staff may aid the swimmer to remain stationary at the start; however the support staff shall not allow the swimmer unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the swimmer at the start is not permitted.

A swimmer may be permitted to start beside the starting platform.

A swimmer may be permitted to take up a sitting position on the starting platform.

A swimmer may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

Where the swimmer is unable to grip the starting place in a water start, the swimmer may be assisted by a support staff and/or starting device. The device shall be cleared and deemed safe by the referee prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have some part of the body in contact with the wall until the starting signal is given.

Freestyle
In any event designated freestyle, the swimmer may swim any style.

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 cannot 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.

Where a swimmer is unable to hold both starting grips, it is permissible to hold the grips with one hand only.

Where a swimmer is unable to hold either starting grip, it is permissible to hold 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.

Breaststroke
Start- The forward start shall be used

Stroke - After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms hall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick - After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movements.

Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Freestyle Relay:
Four swimmers will be on each team. 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 complete, 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.

More information on international swimming rules and regulations is available from IPC Swimming at ipc-swimming.org

2019 Marine Corps Trials
Track Rules

TRACK - Disability/Classification Groups

1) Single below the knee amputees/double below the knee amputees
2) Single above the knee amputees/double above the knee amputees
3) Upper body amputees, permanent upper body limb dysfunction
4) Wheelchair racing participants
5) Visually Impaired (VI) (Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes)
6) Open – No permanent physical disabilities (PTSD, TBI, Orthopedic injuries)

Track Events
In all races started in lanes, if there is the same number of or fewer entries than there are lanes (six) on the track, the event shall be run as a final.

If an event category has more than six participants, preliminary heats will be run to select finalist. The first place finisher in each preliminary heat shall automatically advance and the other qualifiers shall advance on the basis of time.

M & W Outdoor Track Events
100 m
200 m
400 m
800 m
1500m

Outdoor Relay Distance
4x 100m
Relay teams will consist of four total athletes, with a maximum of two representatives from the open category and all others selected from the Track Disability Categories except wheelchair athletes. **If the composition of the relay team cannot be met with the listed requirements, it will be at the discretion of the meet manager as to who can enter.*

GENERAL EVENT RULES

Clothing and Bib Numbers:
Ambulatory
Competitors will wear a number on the both front and back of shirt. Local organizing committee will provide Numbers.

Wheelchair
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.

Assistance for Wheelchair Athletes:

Wheelchair 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 the track competition. No hopping is allowed.

Timing and Photo Finish:
Ambulatory
The time is taken at the moment the torso crosses the finish line (head, neck, arms, or legs do not count).

Wheelchair
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.

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 cannot 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:
Ambulatory
Starting blocks may be used, though any athletes do not require a four-point stance. 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.

Start Commands:
Ambulatory

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
After the — On Your Mark — 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 Sprint 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. The athlete that pushes or forces another person to run outside his lane may be disqualified.

1500 Race Start Commands:
The start commands will be — On Your Mark — the athlete must hold steady, and then the gun. The 1500 race uses a waterfall start and the athletes are allowed to cut in to the inside lanes as soon as there is a clear path so they do not impede another athlete. If an athlete impedes another athlete as he is cutting into the inside lane he can be disqualified from the race.

The 1500M Race:
Ambulatory
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.

Wheelchair
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.

2019 Marine Corps Trials
Wheelchair Basketball Rules

GENERAL EVENT RULES

Tournament Format: Preliminaries will be a round robin format. Teams will then play a seeded single elimination tournament. Seeding will be based on win/loss record. If two or more teams have the same win/loss record, head to head results then overall point difference (points scored vs. points conceded) will determine seeding. The two losing teams will play for the bronze medal.

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 three minutes of each half. Overtime will consist of a 3 minute period with the clock stopping at the whistle. 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 Fould, 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

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.

Equipment:
Basketball wheelchairs will follow the NWBA regulations.

2019 Marine Corps Trials
WheelChair Rugby Rules

Wheelchair Rugby
Wheelchair Rugby is a mixed team sport for male and female athletes. A unique sport created by athletes with a disability, it combines elements of rugby, basketball and handball. Players compete in teams of four to carry the ball across the opposing team's goal line.

Objective
Score the most goals by carrying, dribbling, or passing the ball toward the opponent's end. Contact between wheelchairs is allowed and players frequently collide as they attempt to stop their opponents and take control of the ball. Players gain points by touching the goal line with two wheels while in possession of the ball. The team with the most points wins the game.

Players must meet minimum disability criteria and be classifiable under the sport classification rules.

Wheelchair Rugby Equipment

1. Offical wheelchair rugby molten ball (Reference 1)

2. Manual Wheelchairs (reference 2)

a. Offensive chairs (designed for speed and mobility). Contain a front bumper to prevent other wheelchairs from hooking it. These chairs are used by players with more function.

b. Defensive chairs contain bumpers set up to hook and hold other players. These wheelchairs are most often used by players with less function. These chairs are used by players with less function.

c. four cones. Mark the end of the goal lines

d. Game Clock or basketball court clock system.

Rugby Match Overview

1. One match consists of four eight-minute quarters and the team scoring the greatest number of goals wins.

2. Players per team
   a. Squad size: 14 players, 10 players per match.

   - For the preliminary rounds, nations will be limited to a squad size of 14 with a team size of a maximum of 10 athletes for each match (prelims and finals). For each

individual preliminary pool match each team must submit a team sheet with their 10 athletes for that particular match.

- A team sheet (regardless of whether any changes have been made or not) must be submitted to officials, no less than 30 minutes before tip-off for every preliminary pool match.

- For an athlete to be eligible for the semi and final matches they must have played in at least one preliminary match.

Squad Size

1. A nation can select a maximum of 10 athletes to take through to semi's and finals. This will be the same 10 athletes for the semi's and finals - The names and classifications of these 10 athletes will be submitted immediately following the conclusion of the preliminary rounds.

2. There must always be four players per team in play

- A legal team – there must always be four players per team in play. The maximum number if points on the court at any one time is 8

- Maximum Players' = 1 point

- Moderate Players' = 2 points

- Open Players' = 3 points

3. For the preliminary rounds, teams will be limited to a squad size of 14 with a team size of a maximum of 10 athletes for each match (prelims and finals). For each individual preliminary pool match each team must submit a team sheet with their 10 athletes for that particular match.

4. A team sheet (regardless of whether any changes have been made or not) must be submitted to officials, no less than 30 minutes before tip-off for every preliminary pool match.

5. For an athlete to be eligible for the semi and final matches they must have played in at least one preliminary match.

6. A nation can select a maximum of 10 athletes to take through to semi's and finals. This will be the same 10 athletes for the semi's and finals - The names and classifications of these 10 athletes will be submitted immediately following the conclusion of the preliminary rounds.

Rugby Rules and Exceptions

1. Each prelim game will have 8-minute halves and each semi/ final will have 15 minute halves, timed using a running clock (N.B. the wording of "stoppage in play" should not necessarily be considered as a stoppage to the Game Clock). Most stoppages in play WILL NOT result in the

Game Clock being stopped. However, some exceptions may have to be applied (see Game Clock stoppages).

a. There will be no coach or player timeouts (Article 57 & 83).

b. Substitutions can take place as per normal rules, however the Game Clock will not be stopped. Teams will need to be fully prepared to enable efficient substitutions.

c. Equipment timeouts (Article 59) will need to take place and the Game Clock in general will not be stopped. Teams will ONLY be allowed to substitute the player involved in a genuine equipment time out. The referee has the ultimate say in whether this time out is valid or not. A technical foul can be applied if an equipment timeout is taken without a valid reason.

Comment: Teams will be requested to ensure equipment problems are handled as effectively as possible and where required off the court to ensure the game can continue as quickly as possible.

d. There will be no extra time played at the end of the two halves. See the "tie- breaking rule

40 SECOND CLOCK (ARTICLE 53): FORTY SECOND CLOCK OPERATIONS

2. The 40 second clock will operate as normal and will be stopped and started as per normal rules.

3. The scoring table will be provided with a timing device or devices to time the 40- second scoring period. The 40-second device will have a distinct sound that is different from the game clock. N.B. The reset to 15 seconds will not be applicable as no timeouts are being allowed.

GAME CLOCK STOPPAGES (INT. RULES ARTICLE 15): GAME CLOCK

4. The schedule has been developed to provide as much game play as possible for one day. It also aims to provide a competitive format culminating with a series of finals. To achieve this a running Game Clock will operate throughout to maintain timings. This is crucial as each session will be individually ticketed and spectators will need to vacate the venue within strict times.

5. It is of course recognised that there could be situations where the clock may have to be stopped. This can only be done through the direction of the following individuals:

a. Player who is considered to be injured.

b. Technology / equipment technical faults.

c. Situations external to the FOP i.e. an electrical supply failure.

6. In all cases the Game Clock should be endeavored to start quickly from the time that was left on the clock. The Sport Competition Manager will manage any general delay in the finish of the game within each session.

OVERTIME PERIOD - (REF ARTICLE 111. DECIDING THE GAME)

7. If a team is ahead in the score at the end of the second period, the game shall be ended and the team that has the greatest number of points shall be declared the winner. Should a draw occur in a Game at the final whistle, then the winner will be determined in the order presented below. As soon as one of these procedures is found to resolve the draw, the subsequent procedures are not to be used:

a. The team with the least disqualifying / flagrant fouls in the Game.

b. The team with the least disqualifying / flagrant fouls in the Event.

c. The team with the least overall sin bin offences in the Game.

d. The team with the least overall sin bin offences in the Event.

e. Decision based on the advice of the Technical Adviser and Senior Referee of the game concerned.

f. The toss of a coin.

Note: Further consultation with the event management **will** be required regards clock stoppages.

CLASSIFICATION (INCLUDING ARTICLE 35)

8. Athlete categorisation will be implemented in accordance with the standards and processes outlined by the Invictus Games Organising Committee. Wheelchair rugby standard classification will not be applicable.

9. The monitoring of categorisation cards by Technical Officials will therefore vary to international standards.

Note: Consultation with the Technical Delegate will be required to ensure that categorisation of players allowed on court during game play.

GENERAL RULE ALTERATIONS OR COMMENTS

10. The following is intended to provide some guidance regard specific rules:

a. Article 33, 36 and 40. Scheduling, rosters, team and bench allocation will be confirmed by

the event management in advance.

b. Section 11 and 12 Fouls. 1 min sanction as standard off a running clock.

c. Article103. Equipment technical foul - see chair check procedure.

d. Article 104. Excessive points technical foul - this will not be applied. The team will be requested to remedy any errors as rapidly as possible at an appropriate point.

11. Article107. Serving penalties – (ref Paragraph 3) a player may leave the penalty area for the half-time period. He must return to the penalty area prior to the second-half starting.

12. Article113. Forfeit of game – standard with exception of point (e.). The TD will determine the situation.

COMPETITION REGULATIONS AND OTHER AREAS NOT COVERED BY INT. RULES

13. General. This event falls outside of an internationally sanctioned event, therefore, the competition regulations in its majority are not applicable. The following are highlighted to support the technical officials and teams in ensuring a successful event.

Note: The Technical Delegate has the authority to overrule any section within the Competition Regulations.

14. Decision Review (i.e. in-game review). This rule will not be applicable.

15. Protests and Appeals. In the interest of good sportsmanship it is hoped that any issue will be raised with the competition management and resolved accordingly. If the issue is regarding a sport specific technical issue then the Technical Delegate's decision is final (see "Protests) in the General Information Section of these rules.

16. Chair Check Procedure. The chairs will have received a visual check by the referees who will be focusing on ensuring they are not damaged and/or do not present a safety risk. Only the referee or TD can determine whether a chair is suitable for a player to continue playing in. If a coach has a concern regards an aspect of the chair then they are requested to raise this before play commences or during a game ONLY if it presents a risk to injury. This is to try and ensure that the flow of play is maintained against the running clock.

17. Tie-breaking Rules (ref 2.5 Tie Breaking, Comp. Regs.). Section 2.5.1 is not applicable. If a tie occurs at the end of the pool stages then standard tie-breaking procedures can be applied - reference Competition Regulations Section - 2.5.2 Preliminary round.

GAME SUSPENSIONS

18. Disqualifying Foul. Any player who receives a Disqualifying Foul from a game during competition will be suspended from the next game in that competition.

19. Flagrant Foul. Any player who receives two Flagrant Fouls during an IWRF sanctioned competition will be suspended from the next game in that competition following the game in which the second Flagrant Foul was received. Following a suspension for receiving two Flagrant Fouls, a player will be considered to have no Flagrant Fouls in the tournament.

20. Teams are scheduled to play within two pools; the teams will be named in Pool A and Pool B respectively, with the remaining teams being drawn randomly across Pool A and Pool B. Each team will play each other once in the pools. The 1st and 2nd place teams from each pool will progress to the semis and finals.

21. Games will consist of two 8-minute running clock halves during pool play and two 15-minute running clock halves during semifinals and finals.

22. Once all pools games have been played teams will be seeded for the semi finals – with the 1st and 2nd placed teams from each Pool progressing through.

23. The two semi final matches will be played with a crossover format (i.e. the 1st placed team in Pool A will play the 2nd placed team in Pool B and vice versa).

24. The winners of the semi-finals will progress to the Gold Medal game and the losers of the semifinal will progress to the Bronze Medal Game.

25. To score an athlete must cross the opposing team's goal line in firm control of the ball. Two wheels must cross the goalline for a score to count.

26. Athletes must dribble or pass the ball every 10 seconds with failure to do so resulting in the referee handing possession of the ball to the opposing team.

27. Contact between wheelchairs is permitted and forms an integral part of the game. However, hitting an opponent's chair behind the rear wheel results is a penalty, as does making physical contact with an opponent.

28. Players may lose possession of the ball, serve a one-minute penalty or be disqualified depending on the extent of the foul committed.

Rugby Categories

Maximum (1 point)	This category includes players with the following or more significant physical/ functional impairments: • Two or more limbs significantly impaired

	• Significant upper limb impairment (including paralysis or amputation) • Decreased ability to control core stability due to lower limb impairments of the following nature: **i.** Bilateral above knee amputation **ii.** Single hemipelvectomy with single above knee amputation • Trunk impairment leading to severe balance impairment (including spinal cord injury T12 and above)
Moderate (2 points)	This category includes players with one of the following physical/ functional impairments: • One limb significantly impaired • Moderate upper limb impairment, including amputation at the mid-hand, loss of fingers • Minimal or no core stability/trunk impairment, to include: **i.** Single below knee/ through knee amputation **ii.** Bilateral below knee/ through knee amputation • Measurable loss of strength in a joint (knee, hip, elbow or shoulder) 55% or greater when compared to opposing limb. • Measurable loss of flexibility in a joint a (knee, hip, elbow or shoulder) 55% or greater when compared to opposing limb. • Measurable loss of mobility in a limb and/or joint 55% or greater when compared to opposing limb. • Combination of loss of strength and/or flexibility (range of motion) in a joint (knee, hip, elbow or shoulder) combine loss of 70% or greater when compared to opposing limb. • Significant balance issues (e.g. player must walk with assistive devices)
Open (3 points)	This category is for players with minor or non-permanent physical disabilities and other illnesses (e.g. PTSD, TBI, minor orthopedic injuries) including but not exclusively: • No loss of motor control. • Minor or no balance issues. • Minor measurable loss of strength/ flexibility/ mobility in a limb/ joint