

Annex

Review of W-Slalom rules After World Games

November 2018

INTRODUCCTION

When carrying out all W-Slalom adaptation of the rules and once staged in the different action areas (specially at the Multiplier event- CPISRA World Games 2018) , we detected that some of the adaptations were wrongly conducted or not clear enough specified at the “Wheelchair slalom Competition Rules & Regulations harmonized and adapted to children”.

The Conferences during the World Games in Sant Cugat and both training of Federations in Croatia and Austria leaded by FECPC allowed us to share these details with all of the stakeholders and define some minor changes that will significantly improve the adapted rules.

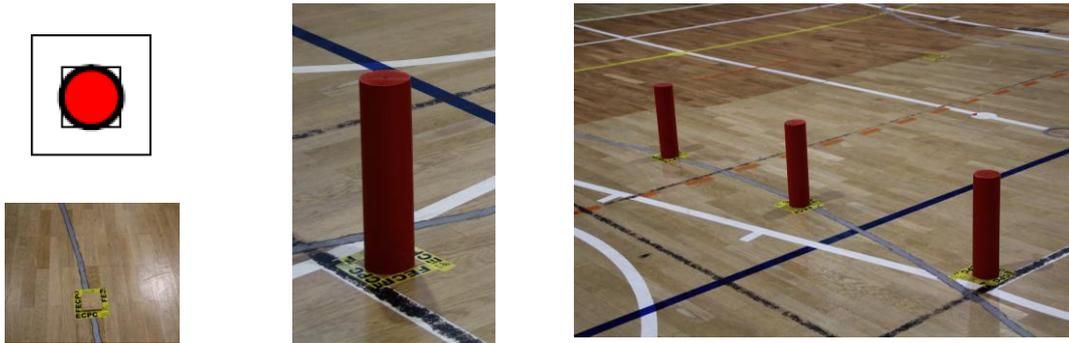
All changes decided, were added to the original “Wheelchair slalom Competition Rules & Regulations harmonized and adapted to children” in red color.

However in this new annex you can also find all the changes in a single document that just introduce the changes made from the original version.

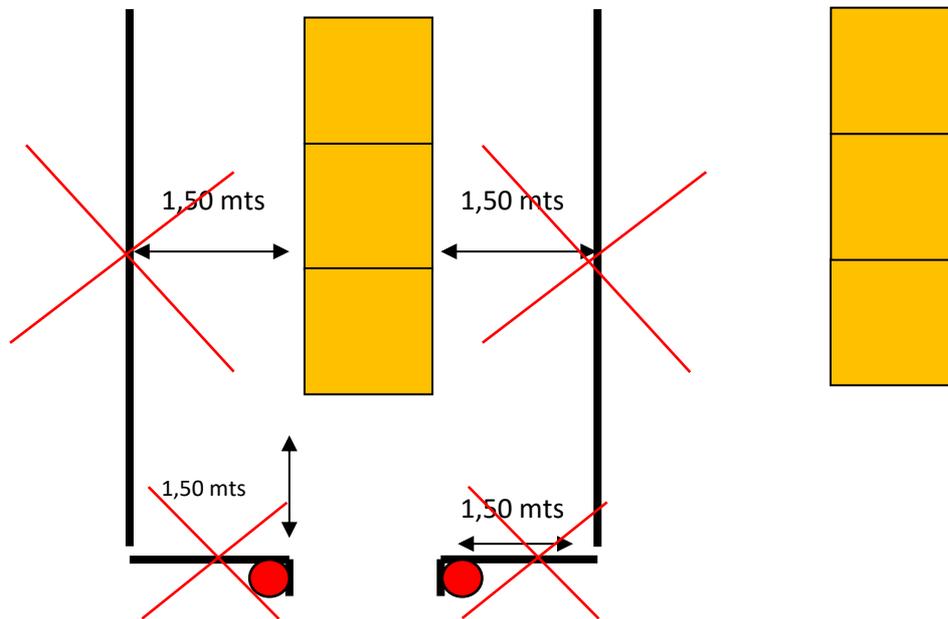
6. HOW TO MARK THE OBSTACLES

- **EIGHT FIGURE OR ZIG-ZAG & CIRCLED CYLINDER:** For eight figure obstacle, zigzag or circled cylinder, 10cm side squares will be marked.

NEW: Eight figure or zig-zag: The 3 red cylinders, are separated by 1,35mt, in straight line.



- **RAMP:**



9.1 TIMED CIRCUIT

5. **RAMP:** This obstacle just belongs to the timed circuit. It consists on an up ramp, a flat floor and a down ramp, all three elements forming a straight line (Fig.11).

*The category WS Manual A and U10 category will not do de ramp. They must be surrounded by the external surface. The athlete can choose the side, right or left. The athletes couldn't touch the ramp. ~~They will not be able to step on the lines that delimit the lateral rails (Fig.12).~~

Figure 11

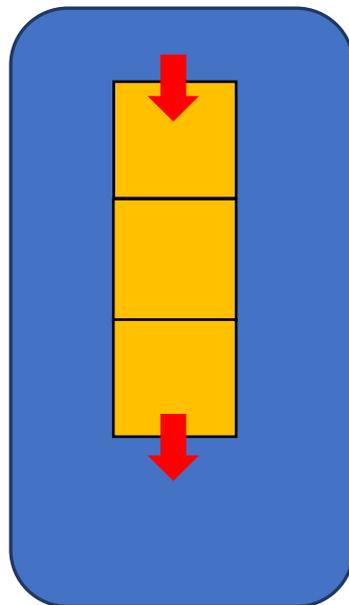
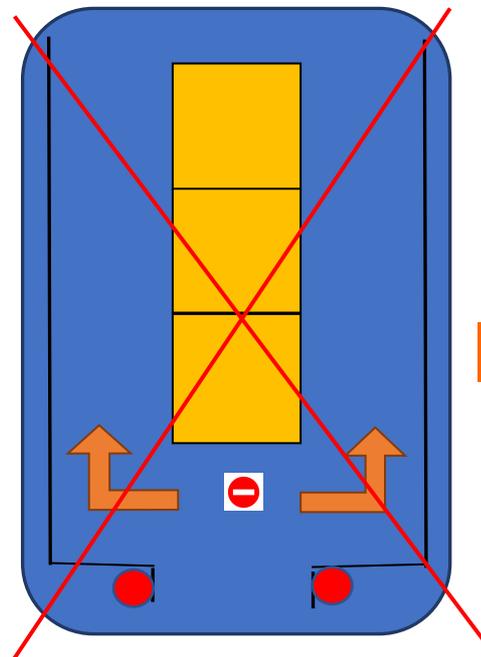


Figure 12



9. TYPE OF EVENTS

5. **RAMP:** This obstacle just belongs to the timed circuit. It consists on an up ramp, a flat floor and a down ramp, all three elements forming a straight line (Fig.11).

*The category WS Manual A and U10 category will not do de ramp. They must be surrounded by the external surface. The athlete can choose the side, right or left. The athletes couldn't touch the ramp. ~~They will not be able to step on the lines that delimit the lateral rails (Fig.12)~~

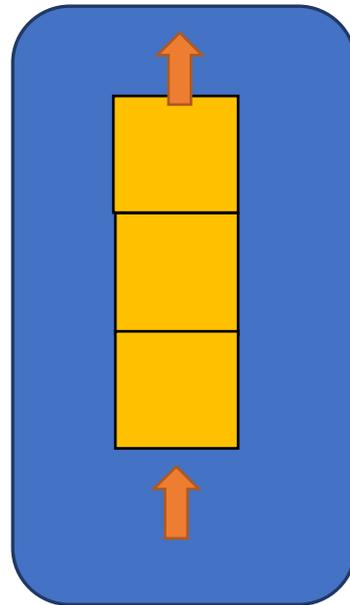


Figure 11

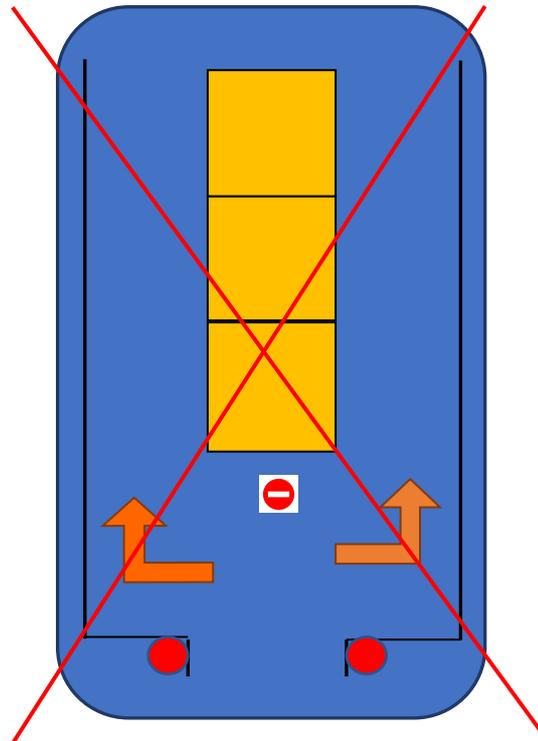


Figure 12

**** No marks around the ramp for the categories who does not do the ramp (WS manual A)**

9.3 RELAYS

On relays we must consider the following issues:

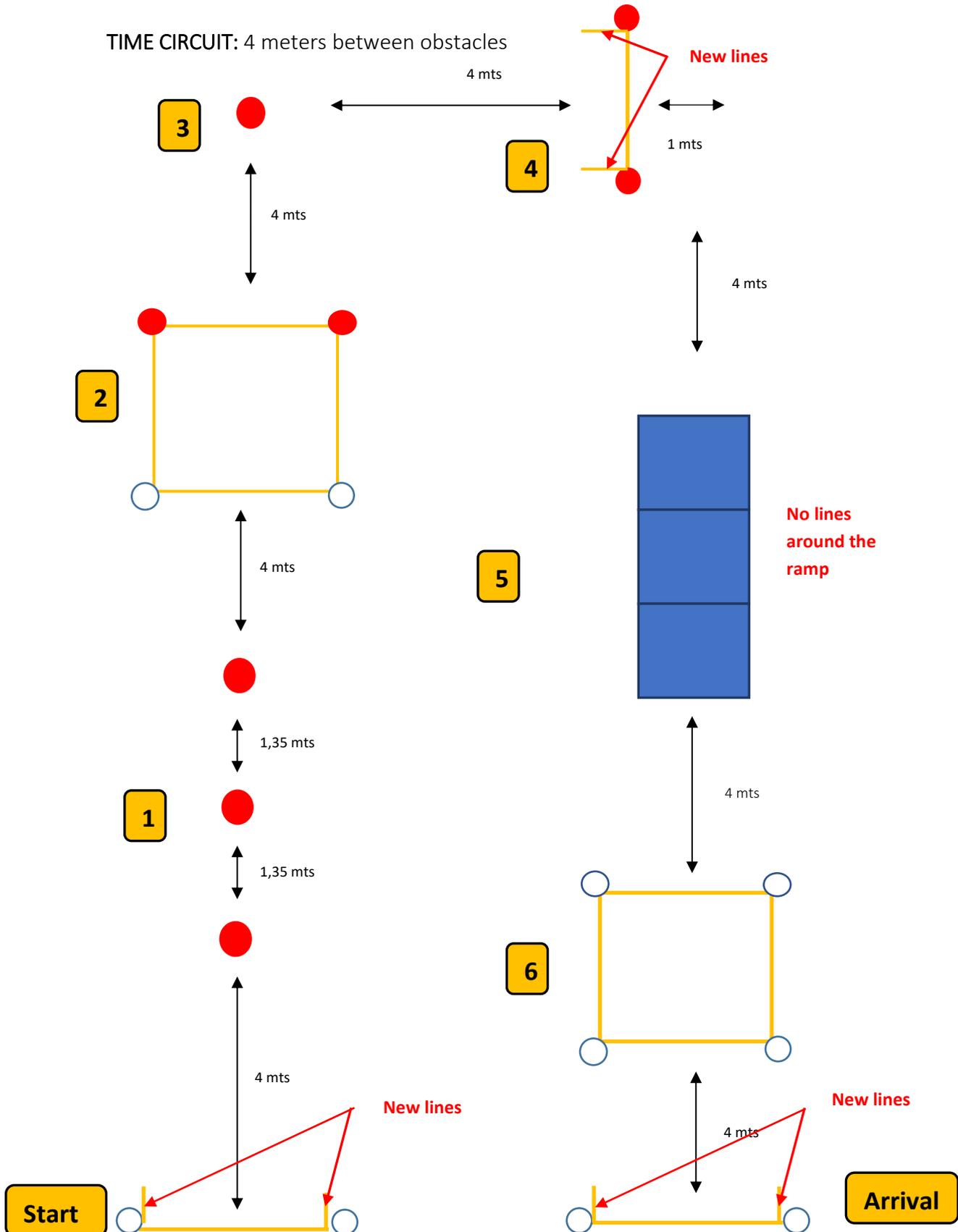
- 4 athletes will take part, listed from 1 to 4.
- Start line and finish line will do the same function, for the athlete who is doing the circuit will be the end and for the athlete who is waiting will be the start.
- The athletes 1 and 3 will start from the obstacle 1.
- The athletes 2 and 4 will start from the obstacle 6.
- To start the course the judge will be given by red flag to the first athlete. The athletes who are waiting relieve, only can start the course, when the athlete entrance inside the transfer zone **with the first wheel**.
- The time stops when the last relieve cross the finish line.

9.3.3 Penalties:

- a) 1 second will be added to the overall time, in the following penalties:
 - Touching or stepping any cylinder or square line with any part of the wheelchair, except when the athlete enter in the obstacle and leave the obstacle in the right way. WS2 category can touch the lines and the cylinders with the feet.
- b) 2 seconds will be added to the overall time if the athlete knocks down a cylinder.
- c) 10 seconds will be added to the overall time for any obstacle done incorrectly **or false start**.
- d) 20 seconds will be added to the overall time when the athlete changes the order sequence.

NOTE: There's not disqualification

TIME CIRCUIT: 4 meters between obstacles



Adaptations from original W-Slalom Rules

Concerning to the timed circuit adaptations are the following from the original rules:

TIMED CIRCUIT:

- The adapted circuit has “U” disposition while in the original rules it has an “M” disposition, this fact allow an easiest sequence of the circuit, providing a shorter circuit and reducing it 20mts from the original one.
- The obstacle order pretends to increase the obstacle difficulty increasing it gradually.
- Variable circuit doesn’t exist. The best circuit time will be the chosen one.

OBSTACLES

- The official circuit has eight obstacles, now it has six. There is just 1 obstacle of every type.
- Distance between the eight or zig-zag obstacle increase from 1 to 1,35, **in the same circuit**. Growing distances between the obstacles to decrease the difficulty and avoid frequently mistakes for beginners and children.
- No curves on the ramp. There will be no direction changes on the ramp.
- Square distances will be increased from 1,10 to 1,50 mts.
- Distance between all obstacles is 4 mts.

PENALTIES:

- Penalties will be accumulated and added at the end to the overall time.
- 1 second will add to the overall time instead 3, when the lines will be stepped or a cylinder will be touched. Also just 2 seconds will be added if a Player makes a cylinder fall down instead the original 5 seconds.
- There will be no disqualifications. If an athlete proceeds to do an obstacle in a wrong way 5 seconds will be add to his overall time and 10 seconds will be add if he changes the order of the sequence, in both cases the official will warn the athlete and move him to the mistake point to repeat it again in the right way.

OFFICIALS:

There will be only one timekeeper.

OFFICIALS SHEETS

OFFICIAL SHEET - INDIVIDUAL CIRCUIT

COMPETITION: _____

PLACE: _____

YOUNG:

DATE: _____

JUNIOR:

RACE	ELIM.	CATEGORY	ATHLETE	CLUB / COUNTRY	WINNER	TIME	TIME WITH PENALTIES	TOTAL TIME	WINNER (X)
1									
2									
3									
4									
5									
6									

Judges Signature	HEAD REFEREE	
Circuit 1		
Circuit 2		

