



Participants with Disabilities Event Rules

The Rock 'n' Roll Running Series will comply with applicable USA Track & Field (USATF) and International Association of Athletics Federation (IAAF) regulations for participant performance records and event liability. The rules below are adopted from the World Para Athletics (WPA).

Participants with Disabilities (AWD) – Pushed Participants, Push Rim, Hand Cycles

- AWD participants must be capable of completing the full race distance within the event time limit requirements.
- The use by AWD participants of radios, music players, earphones or similar devices is not permitted.

Special Teams

- Helmets are not required on the participant, but encouraged
- Participants must be harnessed in a lap belt at a minimum.
- Participants may not have more than 3 runner guides assigned to them.
- Guides are to stay to the right and advise others when passing.
- Guides are to announce when approaching other participants.

Push Rim Participants

- The Wheelchair can have two (2) large wheels and up to two (2) small wheels. The small wheels must be at the front of the chair.
- No part of the main body (defined as vertical plane of the back edge and wheels including the seat) of the wheelchair may extend forward 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 shall be 50 cm. No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tires.
- 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.
- Only one plain, round push rim is allowed for each large wheel. No mechanical gears or levers can propel the wheelchair. Only hand-operated, mechanical steering devices are allowed. The participant must be able to turn the front wheel(s) manually both to the left and to the right.
- The use of fairings or similar devices specifically designed to improve the aerodynamic performance of the participant in the wheelchair are not permitted.
- All participants must wear a protective helmet, undamaged and unaltered, which meets or exceeds the safety standards of the Consumer Product Safety Commission (CPSC) and which is clearly labeled by the manufacturer as satisfying such standards. Helmets not labeled as approved by the CPSC, but meeting one or more of the following standards: Snell B-90, Snell B-95, ASTM 1447-12, CEN European Standard, Canadian Standards Association, Standards Australia/Standards New Zealand AS/NZS, and Japanese Industrial Standard JIS, may be used by participants residing outside of the United States. Removal of a

helmet cover, if required for that helmet to meet such safety standards is an impermissible alteration rendering the helmet non-compliant.

- The helmet must be properly placed on the head and fastened before the participant enters the Start corral or area and at all times when the participant is on the race course.
- Any violation of these helmet requirements will result in disqualification. A participant will not be disqualified if his/her helmet strap unintentionally and temporarily becomes unattached, and the participant immediately comes to a full stop and repairs the strap and replaces the helmet while fully stopped.

Hand Cycles

The Handcycle Division is an exhibition event and is not a competitive race division. There are no awards or prize money for this division. Handcycle results will be posted for informational reasons only.

Handcycle Specifications

- The Rock 'n' Roll Marathon reserves the right to institute a maximum speed limit for handcycles.
- A handcycle is either an arm powered, arm-trunk powered or kneeling position, three-wheel device with an open frame of tubular construction. No motorized wheelchairs or "trikes" or any wheelchairs or handcycles that a participant cannot "propel" over the marathon course by himself or herself will be accepted.
- Any chair or device that is powered by the participant's legs is a bicycle/tricycle and not permitted.
- The single wheel may be of a different diameter to the double wheels. The front wheel, or wheels, shall be steerable; the single wheel, either front or rear, shall be driven through a system comprising handgrips and a chain.
- The handcycle shall be propelled solely, through a chain set and conventional cycle drive train, of crank arms, chainwheels, chain and gears, with handgrips replacing foot pedals. It shall be propelled from the hands, arms and upper body.
- In the recumbent position, the participant must have a clear vision. The horizontal of the participant's eyeline must be above the crank housing/crank set, when he/she is sitting with his/her hands on the handlebars facing forward at full extent, the tip of his/her shoulder blades in contact with the backrest and his/her head in contact with the headrest, when applicable. A quick release body harness is permitted.
- In the kneeling position, the Participant's legs and feet must be supported and protected from the ground surface.
- Handcycles must have two independent braking systems.
- A handcycle shall not measure more than 250 cm in length. Its maximum width shall be 70 cm overall.
- The largest chain ring shall have a guard securely fitted to protect the rider.
- Leg and footrests shall be fitted as necessary, with a secure means of protecting static lower limbs from all moving parts.
- Hand cyclists must wear shoes or sufficiently stiff foot protection which covers completely the foot, for security measure, unless the handcycle has a shell / structure which allows the feet to rest with no risk of coming out. In such cases, participants should at minimum be wearing socks. In all cases, the feet should also be fixed to the bike with some sort of device which prevents the feet from falling out of the footrest.
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- Hand cycle participants must obtain approval from Race Director if requesting the use of a bike guide.
 - a. Bike guide to be provided by hand cycle participant.
 - b. If approved, no more than one bike guide per participant.
 - c. If a bike guide is approved and provided in a marathon, he/she should follow the normal safety rules of the road.
 - i. A bike guide should always be in front and to the side of a handcycle participant.
 - ii. The sole purpose of the bike guide is to shout out any dangers in the road and to keep any runners or oblivious non-runners from getting run over.

******The Rock 'n' Roll Running Series has the right to prevent participants from starting, or to remove them from the course if they do not meet the standards listed in these Event Rules. ******