

ASICS Los Angeles Marathon

Para Athlete Event Rules

The ASICS Los Angeles Marathon Rules applicable to general participants apply to all participants including those participating in Pro Wheelchair, handcycle, and PARA ATHLETE divisions unless specifically replaced or supplemented by these Rules. The ASICS Los Angeles Marathon aggregate Rule Book, including PARA ATHLETE, general, and pro rules, are intended to successfully produce a large-scale mass-participation event, to ensure the safety of all participants, to meet the requirements of local government permits, and to comply with applicable USA Track & Field (USATF), World Athletics (WA) regulations for participant performance records and event liability. The Professional Wheelchair program's division rules are adopted from the International Paralympic Committee (IPC).

General Rules Applying To All PARA ATHLETE Participants

Participation

- Any participant seeking accommodation in respect of a disability must submit a written request to the following email address:
deborah@mccourtfoundation.org
- PARA ATHLETE participants in the ASICS Los Angeles Marathon must be at least 16 years of age on the event date.
- PARA ATHLETE participants must be capable of completing the full race distance within the event time limit requirements and, if using a race compliant wheelchair, the strength and skill to control the speed and stop their race compliant wheelchair on the course's downhill sections. Participants may be asked to demonstrate these capabilities as a condition of entry. The determination of a PARA ATHLETE participant's capability to complete the full racecourse within the time limit shall be made by the event officials whose decision is final.
- PARA ATHLETE participants are responsible for medical services that are rendered over and above the normal race day medical services, and for the costs required to transport any participants failing to complete the course or make the time limit from the racecourse to the finish line.

Exceptions

Any individual requesting a waiver of any of these rules must submit a written request no less than 30 days prior to the event date specifying the nature of and reasons for the request. No waivers will be granted for the no refund or packet pick-up policies.

Wheeled Devices

The use of wheeled devices by participants or any other person authorized to be on the course is strictly limited to: (a) authorized and registered wheelchair and handcrank participants using

race compliant chairs (see below), and (b) authorized course marshals on bicycles. **Baby joggers, baby strollers, carts, skateboards, rollerblades, non-conforming wheelchairs, including day chairs, unauthorized bicycles or any other wheeled device is not permitted on the course.**

Results & Timing

Pro Wheelchair results are determined by gun time. Net times will not be used to determine ranking, results, or awards in the Pro Wheelchair Division. Pro Wheelchair Division and handcrank participants must start the race at the gun or immediately thereafter.

All times and placements of finish provisional until reviewed and declared official. Cash awards and prizes are distributed based on final official results.

Radios, Music Players and Earphones

The use by PARA ATHLETE participants of radios, music players, earphones or similar devices is not permitted.

Anti-Doping

In accordance with WA, USATF, USA Paralympics, and International Paralympic Committee competition rules and regulations, all participants in the ASICS Los Angeles Marathon are subject to anti-doping rules. An anti-doping rule violation occurring before, during or after the Event may lead to disqualification of the participant's individual results and forfeiture of all awards, points, and prizes. For the list of prohibited drugs please check either USADA (United States Anti-Doping Agency) <https://www.usada.org/athletes/substances/prohibited-list/> or WADA (World Anti-Doping Agency) <https://www.wada-ama.org/en/prohibited-list>

Rules Applying to the Push Rim Wheelchair Division

Participation

Wheelchair Division participants must have at least 10% loss of function of their lower limbs. Participants without such a disability will be disqualified.

Prize Money Eligibility

The Wheelchair Division is an open competition meaning that all registered participants are eligible to win prize money and awards provided the participant starts with the gun at 6:30 a.m.

Competition Rules

[World Para Athletics Rules and Regulations](#) apply unless specifically modified herein.

Wheelchair Specifications

Athletes must compete in racing wheelchairs that meet the wheelchair requirements specified by World Para Athletics. A conforming racing wheelchair must be used. Day chairs are not allowed.

Helmets

All participants must wear an undamaged/ unaltered helmet which is clearly labeled by the manufacturer as satisfying applicable safety standards. 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 racecourse.

Bib Numbers and Start Procedure

Participants are responsible for applying Bib numbers, helmet stickers (if provided) and timing chip(s) to their person and equipment as directed by Event instructions. Race bibs and helmet stickers (if supplied) must be visible at all times during the race.

Participants may be staged at the Start according to a slotting chart developed by the Event. Any Participant attempting to move out of his/her assigned Start slot prior to the Start signal will be disqualified. Notwithstanding the foregoing, any Participant may elect to start at the back of the Wheelchair Division field.

Participants will be disqualified for not starting with the official start or a flagrant false start.

Rules of the Road

Drafting

Participants may “draft” off another chair within their same category (e.g., male push-rim wheelchairs may only draft off of other male push-rim wheelchairs).

Participants may not draft lead vehicles or any other vehicles on the course, including police cars or motorcycles, photo/camera trucks, cars or support cyclists. Drafting is defined as entering the zone that extends 10m from the rear bumper of vehicles or rear wheel of cycles and 2m from either side of the vehicle or cycle unless actively passing the vehicle or cycle.

Passing Another Chair

Participants coming from behind and attempting to pass another chair are responsible for ensuring full clearance of the chair being overtaken before cutting in front. The participant being passed has the responsibility not to obstruct or impede the overtaking participant once the front wheel of the overtaking participant is in sight.

Chair Passing Runner or Being Passed by Runners

If passing or being passed by runners, wheelchair participants must maintain control of their wheelchairs and yield to the right-of-way of runners. In every case, the right-of-way belongs to the runners.

Chair Being Passed by Vehicles

If being passed by vehicles, all wheelchair participants must move to the SIDE of the road until the vehicle has passed.

Participants failing to follow any of the Rules of the Road or causing a crash or spill by another participant, or otherwise improperly interfering with the progress of another Participant may be penalized or disqualified from the Event.

Outside Assistance

Except as provided in these rules, no participant in the Wheelchair Division may receive Outside Assistance during the progress of the race from any unofficial source, including an accompanying support cyclist. Outside Assistance means direct help conveyed by any means and includes:

- Pacing by a person not officially entered in the race.
- Engaging in conversations with persons in or on accompanying vehicles or support cyclists that could be deemed to constitute pacing or coaching or cheering on the part of such persons (e.g., providing advice as to the Participant's position in the race).

The following assistance is permitted:

- Participants may be assisted in righting and remounting their chairs.
- Participants may receive mechanical or other assistance to repair their chairs, including wheels/tires, if such assistance does not impede the progress of other participants or result in the forward progress of the participant. If any replacement parts are used to accomplish on-course repairs, such parts must be of the same size and sort as the original parts and the replaced parts made available for inspection if requested by Officials after the Event.
- Participants may carry their own refreshments, which may be replenished at any of the refreshment stations provided by the race organizer.

Yellow Flag Areas

Yellow Flag Areas are speed controlled, no passing zones designed to neutralize dangerous at high-speed sections of the racecourse such as downhills including turns. The locations, requirements, and penalties for Yellow Flag areas will be detailed in pre-race materials and/or at the pre-Event technical meeting. Participants are responsible to know and follow all rules and requirements of Yellow Flag Areas.

Finish Line

Male and Female Division leaders must cross the finish line between finish tape holders if present.

Participants cross the finish line when a front tire penetrates the imaginary vertical plane of the finish line. Results will be judged from this point.

Participants must be prepared to brake immediately after crossing the finish line.

Prize money

The Event will comply with all local, state, and federal filing and withholding requirements on all monies and benefits provided to Participants including prize money and appearance fees. To receive payments prize money winners will be required to fill out certain forms and provide his or her social security number or other tax ID number. The Event will also file reporting forms such as 1099, 1042-S and/or CA Form 592-B stating prize money payments. Prize Money

winners must submit either a completed W9 (Resident), Request for Taxpayer Identification Number and Certificate, a Form 8233 (Foreign), Certificate of Foreign Status of Beneficial Owner for United States Tax Withholding before any payments will be made. The Event will mail to prize money winners by the appropriate deadline IRS Forms 1099 (U.S. Resident) or 1042S (Foreign Resident) and California Form 592-B stating any earnings from The Event for the preceding calendar year. Prize Money winners are responsible for filing all required tax filings and returns.

Prize money winners are solely responsible for filling out all tax forms and waivers required by the Event as well as for the accuracy of all such forms. The Event will not amend any such forms and, beyond filing such forms, will not become involved in any communications or take any actions on behalf of the prize money winner with any tax or governmental agency.

Participants racing for prize money who are not United States citizens are required to obtain appropriate visa or other status required by the United States government to race as a professional and earn prize money in the United States.

Rules Applying to Handcycles

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.

The Handcycle Division is co-coordinated by Achilles International. Members of the Achilles International Team have preferred registration priority.

Handcyclists are required to comply with the following Rules as stated in the Wheelchair Rules, above:

- Helmets
- Bib Number & Start Procedures
- Rules of the Road
- Yellow Flag Areas

Able-bodied individuals may not participate in the Handcycle Division.

Handcyclists not complying with these and other applicable Rules will be removed from the results and not invited to participate in future Events.

It is mandatory for handcyclists who use catheters or other urinary diversion devices to prevent spillage by using a catheter bag at all times.

Handcycle Specifications

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.** Achilles International may prevent a participant from using any handcycle or device that it determines does not

meet the technical specifications or is otherwise unsafe. **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.

Handcyclists must wear shoes or sufficiently stiff foot protection which completely covers the foot 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.

The Event reserves the right to institute a maximum speed limit for handcycles.

Any participant using a handcycle must stay at least 25 meters behind the pacing vehicle at all times.

Rules Applying to Duos

A Duo Team is comprised of one non-disabled person pushing a permanently disabled person in a customized three-wheel wheelchair specific for outdoor racing. The duo rider must be non-ambulatory and possess a permanent physical impairment that aligns with the eligible

impairment types defined by World Para Athletics. **Both team members must be at least 16 years of age on event day.**

Duo Team Registration Requirements

Duo Team registration is done through an application process. An informal application including the following information must be sent to deborah@mccourtfoundation.org.

- Name & age of the able-bodied person pusher

- Name & age of the permanently disabled person being pushed with a description of his/her disability

- Other events in which the Duo have participated

- Photograph of the wheelchair that will be used

If the number of Duo registrations exceeds the maximum number of registration slots that have established for safety reasons, registrations will be accepted on a first-come basis or by lottery.

If accepted into the race, both individuals must complete the on-line registration process, and pay the full event registration fee.

Duo Requirements and Course/Safety Rules

Duos are required to comply with the following Rules as stated in the Wheelchair Rules, above:

- Helmets

- Bib Number & Start Procedures

- Rules of the Road

The person with the permanent disability must be secured into the wheelchair. The non-disabled person must be tethered to the wheelchair and push the person with a permanent disability the entire race distance within the official race time limit of 6:30.

The non-disabled participant must maintain contact and control with the wheelchair at all times throughout the race.

Only the registered non-disabled participant can propel the customized racing wheelchair forward. No outside assistance is permitted.

Only the registered person with a disability can ride in the customized racing wheelchair.

Motor, pedals, cranks or gears are strictly prohibited.

Duo teams will start as directed by the Event organization.

The duo team division is considered an exhibition event. No awards or prize money will be given for this division.

Registration Maximums

Due to safety considerations, field size maximums have been set for PARA ATHLETE divisions as follows:

Wheelchair - 40
Hand cycle – 40
Duo Teams – 6

Rules Applying To Running Guides

Running guides are for navigation and safety purposes, providing visual and audio communication to a specific Participant with a permanent physical disability or visual impairment, including neuro diverse and intellectual disability.

Event registration requirements

The participant with the permanent disability must be 16 years of age or older on event day. Due to safety concerns, guides must be 18 years of age on race day. All individuals must be officially registered to participate. Guides will receive a complimentary entry.

A Participant with a disability may have a maximum of two registered guide runners for the full distance marathon and one for the Charity Half Marathon. For safety reasons, all guides must have read the event rules and guidelines and be able to communicate any course information or alerts to the participant with the disability that they are guiding on race day. No Exceptions.

Participants requiring the assistance of a guide runner(s) must contact deborah@mccourtfoundation.org to organize and confirm his or her registration.

Guide requirements

The participant with disabilities and his or her guide(s) must be able to complete the entire race distance within the official race time limit of 6:30.

The guides are permitted to be tethered to their participant.

Only registered guides may assist the participant with a disability. No additional outside assistance is permitted.

All guides MUST wear the event issued guide bib and participant bib.

Guides will be tracked with a timing device but are not scored.

Participants with guides running a portion of the marathon distance are responsible for meeting their registered guides on the course.