

ESTONIAN CHAMPIONCHIPS IN PARA-ATHLETICS 2023

DETAILS

1. GENERAL

- 1.1. The 2023 Estonian Para Athletics Championships (Championships) 2023 is organized by the Estonian Paralympic Committee. The head judge is Reeta Parts.
- 1.2. The purpose of the competition is to find out the Estonian Champions in para-athletics and deaf athletics.
- 1.3. 1.3. The guide for the 2023 Estonian Para Athletics Championships is based on the general guide for Estonian para-athletics competitions.
- 1.4. For all questions regarding the competition, contact: kaia@paralympic.ee

2. PLACE AND TIME

- 2.1. The competitions will take place on **Friday, May 26, 2023 Tamme Stadium ([Tartu linn, Tamme pst 1, Tartu](#))**
- 2.2. The competition mandate committee works from **15:00 to 15:45**.
- 2.3. The competition **starts at 16:00**.

3. PRE-REGISTRATION AND PARTICIPATION REQUIREMENTS

- 3.1 In order to participate in the competitions, the sports club or the participant must make a submission at the link: <https://iseteenindus.paralympic.ee/et/registreeru/register> **no later than May 24, 2023**. The organizer has the right not to allow athletes who are not submitted on time and in accordance with the form to compete.
- 3.2 If the athlete does not belong to any club, the assignment can be made by the athlete himself, after which the assignment will be reviewed and approved by the athlete's disability-based sports association.
- 3.3 The athlete or his representative must inform the organizer of non-participation in the competition no later than 1 day before the day of the competition.
- 3.4 The participation fee for the competition is **5 EUR**. The participation fee must be received by **May 25, 2023 at the latest**.

4. PARTICIPANTS

- 4.1. All people with physical, vision, hearing and intellectual disabilities with Estonian citizenship or foreign citizenship can participate.

5. CLASSIFICATION OF PARTICIPANTS

- 5.1. All competitors with physical, visual or intellectual disabilities is placed in the competition classes of the International Paralympic Committee (IPC) on the basis of their physical ability, following the valid classification requirements (<https://www.paralympic.org/athletics/classification>) and the specifics of the classifier **as much as possible**.
- 5.2. The competition class is determined by the organizer and coordinated with the representative familiar with the specifics disability, the head judge and the EPC representative at the latest before the start of the competition.
- 5.3. Competition class may change over time (e.g. changes in disability or physical ability).
- 5.4. For questions related to classification, please contact: kaia@paralympic.ee

5.6. SPORT CLASSES IN PARA ATHLETICS

T = Track events

F = Field events

5.7. Track

5.7.1. Standing

- 5.7.1.1. T11-13 Vision impairment
- 5.7.1.2. T15 Hearing impairment
- 5.7.1.3. T20 Intellectual impairment
- 5.7.1.4. T35-38 Co-ordination impairments (hypertonia, ataxia and athetosis)
- 5.7.1.5. T40-41 Short stature
- 5.7.1.6. T42-44 Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- 5.7.1.7. T45-47 Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
- 5.7.1.8. F61-64 Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference

5.7.2. Sitting/ Wheelchair racing:

- 5.7.2.1. T32-34 Co-ordination impairments (hypertonia, ataxia and athetosis)
- 5.7.2.2. T51-54 Limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement

5.8. Field

5.8.1. Standing:

- 5.8.1.1. F11-13 Vision impairment
- 5.8.1.2. F15 Hearing impairment
- 5.8.1.3. F20 Intellectual impairment
- 5.8.1.4. F35-38 Co-ordination impairments (hypertonia, ataxia and athetosis)
- 5.8.1.5. F40-41 Short stature
- 5.8.1.6. F42-44 Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- 5.8.1.7. F45-46 Upper limb/s affected by limb deficiency, impaired muscle power or impaired passive range of movement
- 5.8.1.7. F61-64 Lower limb/s competing with prosthesis affected by limb deficiency and leg length difference

5.8.2. Sitting:

- 5.8.2.1. F31-34 Co-ordination impairments (hypertonia, ataxia and athetosis)
- 5.8.2.2. F51-57 Limb deficiency, leg length difference, impaired muscle power or impaired range of movement.

- More about competition classes: [Competition classes](#)

6. AGE GROUPS AND COMPETITION CLASSES ([Table ...](#))

- 6.1. **U16 (b. 2008 - ...) deaf, visually, physically and mildly intellectually disabled girls and boys** who are up to and including 15 years old on December 31 of the year of the competition.
- 6.2. **Adult (b. - 2007) deaf, visually, physically and mildly intellectually disabled men and women** who are 16 years or older as of December 31 of the year of the competition.

7. TECHNICAL ORGANIZATION OF COMPETITION AREAS

- 7.1. When conducting competitions, the specificities of different types of disabilities and IPC requirements and rules are taken into account as much as possible

8. CALCULATION OF COMPETITION RESULTS

8.1. Ranking of athletes with physical, visual and intellectual disabilities

In the areas included in the IPC competition program, competitions are held based on the RAZA POINT SYSTEM according to the age group (see [POINT SYSTEM](#)).

For clarification: in major competitions, such as the Paralympic Games, where there are many athletes for each competition class, it is possible to count the results in each competition class separately, e.g. F13 shot put, F53 shot put etc.

In smaller competitions, often, there are not enough participants in each competition class, and therefore the [RAZA system](#) is used in this case. Such a system for comparing competition results is designed to enable **PERSONS WITH DIFFERENT DISABILITIES COMPETE WITH EACH OTHER ON AN EQUAL BASIS AS POSSIBLE.**

In each event, the athletes' results are converted into point scores using the Raza formula, which takes into account the athletes' handicap-based competition class, the result and other parameters such as the current world record, first place in the World Cup, etc.

This means that an athlete with a more severe or different handicap can beat a competitor with a smaller handicap with a slightly shorter throw, jump result or worse time.

Each handicap based competition class result is awarded points from 0 - 1200 in the Raza system. In this way, athletes with different disabilities can compete with each other.

The winner is the athlete with the most points.

Example:

Shot put	Competition class	Result	Raza point score	PLACE
Competitor A	F20 (intellectual)	12.10	498	4.
Competitor B	F44 (physical)	11.74	500	III
Competitor C	F37 (physical)	10.64	485	5.
Competitor D	F41 (physical)	9.64	482	6.
Competitor E	F13 (visual)	9.64	501	II
Competitor F	F53 (physical)	6.14	523	I

- 8.2. The ranking of the deaf and hearing-impairment and the open class is calculated separately according to the [Estonian Athletics Association](#) system according to the age class in the competition in the open class T15.
- 8.3. Athletes with intellectual disabilities T20, who want to compete in areas for which there is no scoring for the given competition class in the RAZA system (e.g. 60m, 200m), will be included to the T15 class.

9. OTHER

- 9.1. Protests are submitted by the competitor or his representative (or coach) in accordance with the general guidelines for Estonian Para-athletic competitions. Please contact: +372 5263683
- 9.2. The competition organizer reserves the right to make changes to the schedule.

10. MEDAL CEREMONY

- 10.1. The best three para-athletes with Estonian citizenship competing in the IPC system will be awarded a Estonian Olympic Committee 100 medals* (gold, silver or bronze) and diploma of the Estonian para-athletics championships, respectively, **based on the Raza point system.**
- 10.2. In the fields included in the program of the ICSD athletics competitions, the best three Estonian citizens with hearing loss or deaf athletes will be awarded with a Estonian Olympic Committee 100 medals* (gold, silver or bronze) and diploma of the Estonian para-athletics championships, respectively.
- 10.3. The guest contestants who come to the prize-winning places will be awarded with a diploma and a souvenire.

* Medals of the 2023 Estonian Championship "100 laps"

The EOK 100 medal is dedicated to the centenary of the Estonian Olympic Committee.

"100 rings" is dedicated to the Estonian Olympic Committee and Estonian athletes. That's 100 times around the sun for EOK. This is 100 EOK life circles, all similar and at the same time different - some narrower-stern in terms of circumstances and achievements, others wider-cooler. However, it is 100 laps in a stadium or rally track against rivals, 100 laps in a forest track with a training partner, 100 laps in a swimming pool, 100 hits in the inner ring, 100 disc cards, 100 repetitions in a gym, 100 matches in a wrestling ring, 100 laps from a stopwatch. 100 rounds, each one repeating the previous one, but creating a new one and taking it forward.