



PARALYMPIC PATHWAY COMPETITIONS FAQ

(at January 2018)

The aim of this document is to clarify the processes regarding Paralympic Pathway Competitions. If you have any further queries, please contact a member of the team to discuss further.

<http://www.uka.org.uk/world-class/british-athletics-parallel-success/>

What DOMESTIC COMPETITION can I enter?

British Athletics publish a list of competitions each year, which outlines what events will be at which competition and if there are entry standards attached. This is to help newer athletes and coaches decide which are the most appropriate competitions for the athlete, for their level of development.

The majority of competitions in the UK are run under UK Athletics (UKA) rules and are either run directly by UKA (also known as British Athletics) or by other UK based competition providers who apply for a UKA permit. Parallel Success events are integrated with existing local, regional and national competitions, to give Para athletes appropriate level competition opportunity for their development level. A few more experienced athletes, primarily visually impaired and intellectually impaired athletes, may choose to compete in a non-disabled event to be in a competitive environment.

All athletes (age 11+) need a National Classification and a Home Country (national) Affiliation number to compete within the UK.

Home Country Affiliation

Athletes aged 11+ need to be Registered to their Home Country to compete in domestic competition and record performances on Power of 10, plus a variety of benefits.

Home Countries have their own "Athlete Registration" process connected to annual club membership fees (ENG, WAL, NI) or paid directly (SCO). See below:

- England Athletics: <https://www.englandathletics.org/england-athletics/athlete-registration>
- Scottish Athletics: <http://www.scottishathletics.org.uk/membership/>
- Welsh Athletics: <http://www.welshathletics.org/get-involved/become-an-athlete/athlete-registration.aspx>
- Athletics Northern Ireland: <http://athleticsni.org/Clubs>

If you have any questions about Registration please speak with your club Membership Secretary.

If you are New to athletics, for advice about joining a local club, please email: ps@britishathletics.org.uk.



What is Power Of 10 and How do I get my results on to it?

Power of 10 (Po10) is the UK Ranking system. All results from competitions with a UKA permit will be added to Po10 for Nationally and internationally classified athletes.

Po10 recognise all results in UKA Permit competitions, such as:

- Mainstream: League, Open Meetings and Championships
- Disability Competition: BWAA, BWRA, CP Sport, Dwarf Games, Metro, DSE Nationals
- Schools: County, National and National School Games

If you require a national classification, please visit the UK Athletics website for further information.

<http://www.uka.org.uk/world-class/british-athletics-parallel-success/national-classification/>

I feel ready to move on to international competition, what do I do next?

If you are at the point of looking at international competition or feel you are close to meeting selection criteria for British Athletics teams, you will also need an IPC license and IPC classification to compete overseas in World Para Athletics (WPA) events. Please see *IPC Licensing and International Classification documents* for further detail.

Do I need to compete in IPC endorsed/approved events so that I can meet selection criteria for British Athletics teams?

Yes, you do need to have competed in an IPC endorsed/approved event to meet most selection criteria's for British Athletics teams, however the number of performances required will vary dependant on the selection policy. For example, the 2018 WPA European Championships selection policy requires only 1 performance above the IPC Minimal Qualifying Standard (MQS). This standard is usually lower than the British Athletics team selection requirements, therefore it is important to check the selection criteria as soon as the selection policy is published. Performances from other UK or overseas permitted competitions will be taken into consideration during selection meetings, however there will be a minimum number of MQS performances required in IPC competitions.

Things to know about performance requirements for 2018 WPA European Championships British Athletics team selections:

- Please read the selection policy for full details
- You only need ONE performance in an IPC endorsed/approved competition, other performances can be made in UK permitted competition
- You do not need to do your BEST performance in an IPC endorsed/approved competition to meet selection criteria
- You do not need your BEST performance to appear on the WPA MQS ranking system for selection purposes
- We use all other ratified performances in UKA, IAAF or IPC permitted events
- 100 and 200m performances will only be taken into consideration if a wind reading (use of wind gauge) has been recorded and the races have been electronically timed
- Long and triple jump performances must have a wind reading to be considered
- Where there is more than one classification eligible for an event, all eligible classes (i.e. T47 [T45, 46,47]) will be ranked.



Changes to how/when we process IPC Endorsement for UK based competition

British Athletics select competitions to be IPC endorsed. Requests for event endorsement will no longer be taken from athletes. Events we will target for endorsement include:

- Parallel Success Series (5-7 competitions across England, Wales Northern Ireland and Scotland)
- LIA
- Anniversary Games
- British Championships
- A selection of BMC competitions (advertised annually)

How do I enter a WPA Grand Prix?

You must contact Jan Richards jrichards@britishathletics.org.uk with the events you wish to compete in BEFORE the closing date for entries to a competition (competition information available on the Paralympic Portal, login details at the end of every British Athletics Monthly Newsletter or on www.paralympic.org/athletics/events). British Athletics have to enter all athletes via an online system. If you are self-funding, after requesting your entry via Jan, you will also need to contact the local organising committee to confirm your entry, flight information, accommodation and pay the entry fees.

When should I start attending international competition?

We would only recommend accessing overseas competition when the athlete is ready to take the step to do so. For example, we would expect this to be when an athlete is approximately 1-2 years away from meeting British Athletics team selection criteria or has been in the sport for a number of years and requires more competitive opportunities that cannot be found in the UK, or needs more experience of competing/coping away from home. Compared to other Para sports, Athletics is a very competitive sport across the World and it will therefore take a number years to master so we do not recommend athletes try to experience international competitions too early in their career. The reason for this is that:

- It is expensive! Athletes usually experience a high level of cost when new to the sport and in our experience, this money is best spent towards training, investing in the right equipment and accessing local competition to gain much needed experience learning how to compete
- Athletes need something to work towards year on year to keep motivated and inspired to progress. Plan progression in line with the athlete's development (performance progressions) and phased experiential learning requirements. If you begin athletics in year 1 and in year 2 you decide to go overseas, the athlete may then have 4 years+ before their performances improve enough to be recognised for talent squads or either junior/senior team selection.

For more information, please speak to a member of our Parallel Success Team:

www.uka.org.uk/world-class/british-athletics-parallel-success/parallel-success-team-contacts/