

SEATED THROWS

Participants: Athletes who are unable to stand and/or have balance and stability problems that make throwing from an ambulant position difficult, and who have been classified – this is undertaken by a medical team and is continually reviewed.

Classifications: F31-F34 classes (coordination impairments for example cerebral palsy or spina bifida) and F51-F57 classes (limb deficiency for example amputation or spinal cord injury)

Types of throws: Club, Discus, Javelin and shot

Where: Ideally all should be from a throwing circle or a portable throwing platform. Discus and club should be from within the cage. Occasionally this is not possible due to the facility. In this case a sector should be laid out in a safe area away from other events.

Equipment: Chair – can either be a day chair such as a wheelchair, or a custom-made throwing frame (Height max 75cm. Seating square or rectangular min 30cm x30cm -should be either level or can slope backwards. There should be no loose elements on the chair. A vertical bar of one straight piece may be present but any flexion during the throw should not be visible to the naked eye). **Ratchet straps** – normally 4. These should be secured with ground anchors or a tie down bar which are concreted in place around the throwing circle. Stakes may also be used in the grass however these are not as stable particularly if the ground is soft or wet. **The officials are responsible for securing the throwing frame in the circle to the athlete wishes.** Discussion with the athlete and/or their assistant will hopefully ensure the chair is positioned correctly. A plumb line should be used to ensure no part of the chair is over the rim of the circle or the throwing line. It is best if you can have 5 people securing the frame, 1 sitting on or holding the frame in position and the other 4 one on each strap. Once hooked on take up the slack in the straps and work together to tighten the straps at the same time, so as not to move the frame from its original position. **Implements** – weight of the implement is determined by the athlete's classification as per the chart attached. All personal implements should be checked in with the technical team, and stadium implements should be available to provide the athletes with a choice.

Athlete: The athlete should present with 2 bib numbers – one on their chest and the other on the back of the throwing frame. Once the athlete is on the throwing frame it is the **responsibility of the athlete (and assistant if entitled) to secure themselves into the throwing frame.** When sitting on the chair the back of their knees should be in contact with the seat if applicable. Strapping used should not be elasticated. It should be firm and secure to maintain their body in a seated position during the throw.

Assistance: One assistant per athlete is permitted in the Sport Classes F31-33, and F51-54. The assistance is to ensure the athletes safe transfer to the throwing frame and to assist athletes with personal strapping to the frame. The assistant should be physically capable of doing this. The assistance is not provided by the officials but is carried out under the control and supervision of the officials. If an athlete in another class requires assistance, they must complete a request for assistance form and submit it to the technical delegate at least 24hours prior to the event. The assistant should be identified by wearing a bib and be seated away from the athlete within the competition site to prevent coaching.

Competition: Once the frame is secured to the ground and made available to the athlete the **timing** commences. F32-34 and F54-57: 4minutes. F31 and F51-53: 5minutes. During this time the athlete requires to strap into the throwing frame, and can have as many practice throws as time allows. Once

ready to commence the competition the 6 throws will all be taken consecutively. 3 throws then a refreshment break, then the further 3 throws. **Measuring** throw – if an EDM is in use each throw can be measured immediately following its landing. Some athletes however don't manage to throw out with the cage, and this can cause problems using the EDM due to obstacles being in the way. Most times a mark is made on the ground with numbered markers and all trials are measure with a tape measure at the end of the athletes throws. The athlete can then remove strapping, exit the throwing frame and exit the circle.

Implement weights for F31-F34 Sport Classes

Age group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
Open &U20	F31							397gr
	F32	1kg	1kg			2kg	2kg	397gr
	F33	1kg	1kg	600gr	600gr	3kg	3kg	
	F34	1kg	1kg	600gr	600gr	4kg	3kg	
U17	F31							397gr
	F32	750gr	750gr			1kg	1kg	397gr
	F33	750gr	750gr	500gr	500gr	2kg	2kg	
	F34	750gr	750gr	500gr	500gr	3kg	2kg	

Implement weights for F51-F57 Sport Classes

Age group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
Open &U20	F51	1kg	1kg					397gr
	F52	1kg	1kg	600gr	600gr	2kg	2kg	
	F53	1kg	1kg	600gr	600gr	3kg	3kg	
	F54	1kg	1kg	600gr	600gr	4kg	3kg	
	F55	1kg	1kg	600gr	600gr	4kg	3kg	
	F56	1kg	1kg	600gr	600gr	4kg	3kg	
	F57	1kg	1kg	600gr	600gr	4kg	3kg	
U17	F51	750gr	750gr					397gr
	F52	750gr	750gr	500gr	500gr	2kg	2kg	
	F53	750gr	750gr	500gr	500gr	2kg	2kg	
	F54	750gr	750gr	500gr	500gr	3kg	2kg	
	F55	750gr	750gr	500gr	500gr	3kg	2kg	
	F56	750gr	750gr	500gr	500gr	3kg	2kg	
	F57	1kg	750gr	500gr	500gr	3kg	2kg	

Referenced: World Para Athletics Rules and Regulations 2022