

## **PARA THROWS QUICK GUIDE FOR OFFICIALS**

**Also “Official’s Quick Para Athletics Reference” (OQPAR) and WPA & ATFUSA Rule Books**

### **Ambulatory throws:**

**Location:** Thrown from Regular Rings and Runways

#### **Classes:**

- F13, F35-38, F40-47, F60-64: No difference vs able bodied counterpart.
- F11-12 (visually Impaired): Use aid to position them in the ring and call direction of throw from the sector.
- F20 (Intellectually Impaired): May need aid to position them in the ring.
- Other classes: Must submit an assistance form, approved by the Referee, to have aid.
- Note all athletes must exit the ring, per event rules, without touching the athlete.

### **Seated throws:**

**Location:** Thrown from 1.25m or 1.125 radius Rings

**Classes:** F31-34, F51-57

#### **Setup**

- 34.92-degree sector for all throws Shot, Discus, or Javelin.
- Judges, (or aids at regional events), (typically 2-4) need to anchor the athlete’s throwing frame in the ring.
- The Athlete/Assistant will direct chair orientation (straight on, at an angle or backwards).
- The chair is the Athlete, therefore, the chair, including any footplates and/or the holding bar, must not protrude past the front edge of the circle.
- A plumb bob is sometimes used to ensure the chair is inside the ring.
- Best practice: If possible, have someone sit on the oriented chair while anchoring to hold its position while ratcheting the straps.
- Check that the chair is secure during warmups and correct if necessary.
- The chair check can be inspected in the call room or at the ring. Approval sticker should be applied to chair if inspected in call room.
- Chair Specifications:
  - ≤ 75cm tall
  - Square or rectangle seat minimum 30cm
  - Back/side/front cushion(s) allowed up to 5cm thick
  - Round or square solid vertical holding bar allowed

**General:**

- Flight coordinator should reassign throwing order to group athletes sharing a throwing chair. Saves approximately 2 minutes per athlete.
- Classes F31-33 & F51-53 are allowed to tape their non-throwing hand to the holding bar.
- At Regional meets for national records: record the implement number on the flight sheet for each throw.

**Timing**

- Setup:

After the field chair is secured in the ring, and offered to the athlete, the athlete is given XX minutes to strap themselves in and do as much practice as they wish.

- 4 min - Classes F32-34 & F54-57

- 5 min - Classes F31 & F51-53

- All classes other than F55-F57 may have aid help with strapping.

- Prelim/Final –

- If chair is removed after the first 3 throws and re-secured for the final 3 throws, the above times change to 2 min and 3min respectively without any warm ups.

- Competition:

- 1-minute to start the initiation of the throw. Clock starts (typically) when the implement is handed to the athlete.

**Throw/Put**

- Athletes will throw 6 consecutive throws. (if 8 or less competitors in a SINGLE CLASS).
  - Due to minimal numbers in a class many events have 8 or more athletes in multiple classes so there is no 3/3 Pre-lim Final reorder.
  - Even if there are more than 8 but less than 12 in an Age Group/Class it may be faster to allow all to throw 6 throws versus throwing 3 and taking the top 8 to finals.
- Athletes are offered a 1 min break between throw 3 and 4. Official may provide athlete water, if requested.
- Note: The athlete can elect to continue without a break.

**Measurement:**

- If Total Station (TS) - Measure each throw.
- If no TS - Mark each throw with field markers and measure all following the last throw. Best Practice: Markers should be labeled 1-6 and recorded as such.

### **Foul - “Ring/Line” judges:**

- **The Throw:** Defined as from the start of the throwing action until the implement hits the ground.

### **Fouls**

- **Lifting:** Defined as any part (left or right) of the “butt bone” lifting off the seat or either knee losing contact with seat during the throw.
- **Holding Bar:** If the bar bends more than its width during the throw.
- **Sector:** Implement lands outside the sector
- **Discus/Club:** Implement hits, non-throwing arm side cage and lands in the sector.
  - Note: if the implement hits the throwing arm side of the cage and lands in the sector the throw is good. (This differs from USATF /NCAA/High School rules).
- **Javelin:** Flats are a FOUL for all classes age 14 or older.  
(even U17/U20 unlike USATF youth. ATFUSA youth exception U11 (0-10), and U14 (11-13), mark tip, tail, or behind grip for flat).
- **F31 Shot Exemption:** F31 Shot Athletes are allowed to:
  - Hold the shot away from the chin
  - Not have a continuous put
  - The Shot however may NOT go:
    - below the shoulder
    - outside the shoulder
    - behind the shoulder (throw)

### **Position of Officials at the Ring to Call Fouls (Best Practice)**

- **If One -** Position the official 45 degree off the throwing arm. This will allow the Official to see:
  - the Throwing action,
  - A good position to see lifting  
(although not the non-throwing knee coming away from the chair from the chair),
  - The flight of the implement
  - The location of the implement in the vector, to support the official marking.
- **If 2 -** Position one on either side of the ring,