

# Para Seated Field Setup and Best Practices:

Classes:  
F31-34, F51-57

Events:  
Shot, Discus, Javelin, Club

Ensuring: Fair, Safe, High-Performance, Sport Environments

# Agenda



- Event Locations
- Event Specifics and Judging
- Event Prep & Management
- We are not going to discuss Lifting in Detail.
  - For Lifting see the Seated Throws Webinar.

# Event Locations

- Where can Seated Field be performed



# Seated Throw Possible Locations

## Ground



## Platform

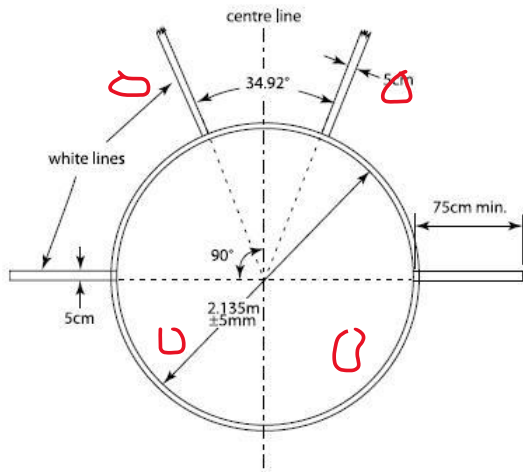


## Traditional Ring



# Ground

Simplest -



- Use 1.125m or 1.25m Radius Ring.  
Note: Only Require the front (painted or ring).
- Use 4, 18-24" long heavy metal stakes
  - positioned about 18-24" off the front of the circle and 12" or so outside the vector line on each front side
  - And 24" or so behind the center line 6" or so inside the circle on both sides in the back.
  - The stakes should be hit in at an angle away from the center of the circle opposite each other.
  - Drive Stakes into ground at an angle.
  - The top of the stake should have a ring or hole.
  - Hold chair to Stakes with heavy duty ratchet straps.
  - BE AWARE OF SPRINKLER LINES






# Ground



Field Recourses on the ATFUSA.org Website


- Coach/Athlete Tab
  - Field Tips [Resource Page](#)
    - Challenged Athlete Foundation 2019 High School Training & Coaching Videos
    - [Seated Throws - Equipment](#)
    - [Seated Throws - Front Facing Positioning](#)
    - [Seated Throws - Straddle Position](#)
    - [Seated Throws - Shot Put Basics](#)
- Official's Corner
  - Tips & Support
    - [MEET MANAGEMENT BY ROLE GUIDE](#)
  - Tips Field
    - Ref Notes Seated Field

ALL SEATED THROWS EVENTS  
SHOT, DISCUS, & JAVELIN  
USE THE 34.92 DEGREE SECTOR

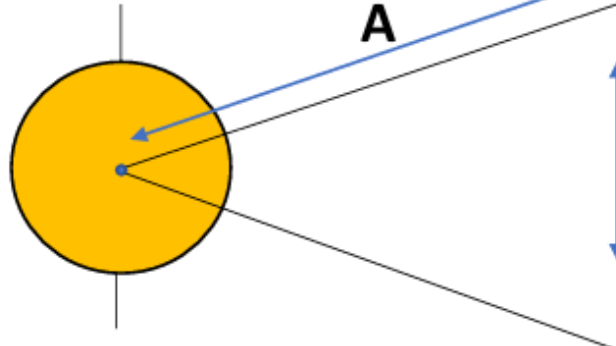


## SHOT DISCUS CLUB SECTORS

- Always use a cage for discus.
- Ring Diameter: Shot 2.135m / Discus 2.5m
- The shot, and discus, throw sectors are 34.92°
- Multiply A times .6 to get B (B is 60% of A).
- Create two sector lines using a tape measure or string the length of "A" that start at the center of the circle. Connect the sector lines with distance "B"



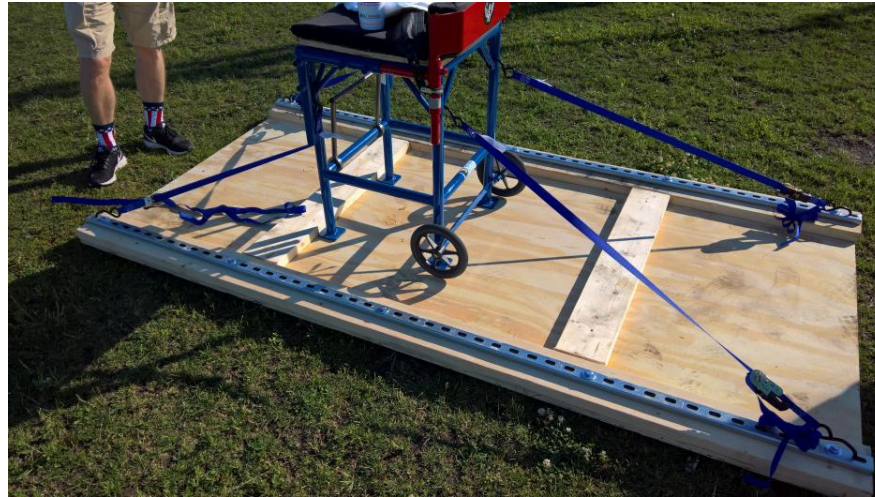
2.5m



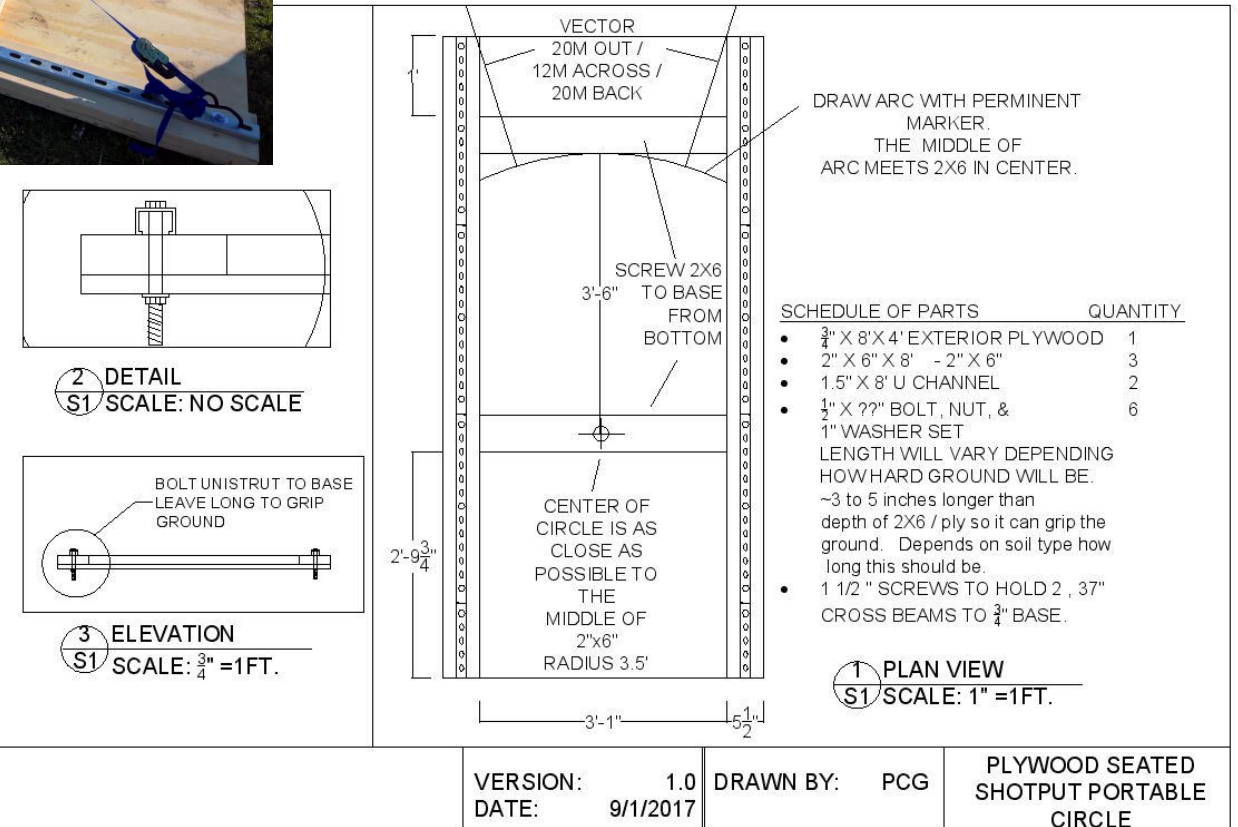
A	B
20M	12M
40M	24M
60M	36M
80M	48M

From the Officials Quick Para Athletics  
Reference Guide

# Platform

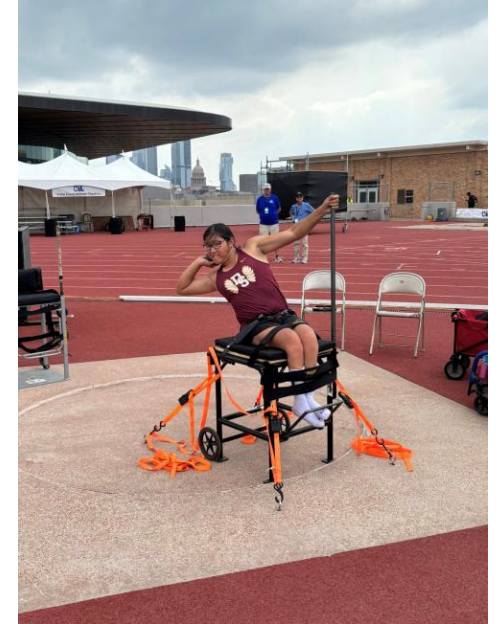


## SEATED PLATFORM DESIGN DRAWING





# Concrete Ring



- NOTES:
- Consider pads under the chair to prevent the chair from sliding.
- Concrete Compression Bolts With Unistrut or L brackets
- Best Practice: Recessed Aircraft tie down anchors mounted ~18 to 24 "apart.
- Install at least a week before the competition for the concrete to cure!!!



# The Event Specifics & Judging

- The Chair
- Positioning the Chair,
- Ratchet Straps – The Good, Bad, and the Ugly,
- Chair Facing Options,
- Athlete Seating Options,
- Athlete Throwing Rules
  - Athlete Getting onto the Chair
  - Time to Strap and Practice
  - Aids: Who can, Who can't have an aid
  - How Many Throws and When to Rest
  - Measurement Options
  - Foul Rules
  - Exceptions

# Event Management & Judging

- **The Chair:**

- Specifications:

- HEIGHT:  $\leq 75\text{cm}$  tall
- SEAT: Square or Rectangle, minimum 30cm (approximately 12")  
(Cut outs are allowed for upright bars, or strapping)
- CUSHIONS: Back/side/front cushion(s) are allowed up to 5cm thick
- Holding Bar: Solid Vertical, Round or Square, without bends

- Inspection:

- The chair can be inspected in the call room and/or at the ring:
  - National Championship – Typically in the Call Room
  - Regional Meet – Typically only at the Pit

- Best Practice:

- Approval sticker: Apply to chair (if inspected in call room).
- Pre-event Chair Checks: Are usually offered at Championship meets  
(before completion) to ensure the chair compliance



# Best Practices for Event Management & Judging

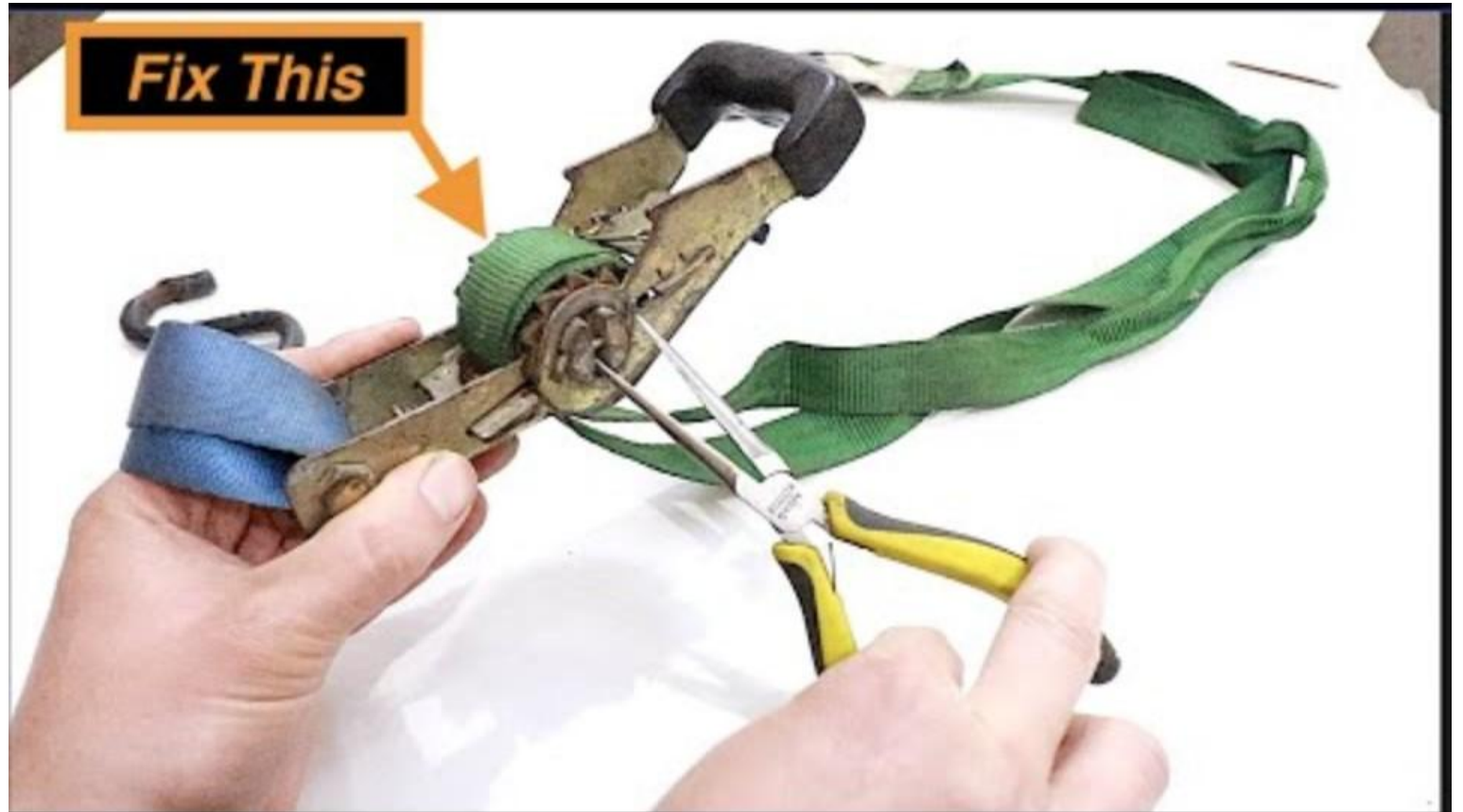
- **Position the Chair in the Ring Process: (Straight, At an Angle or Backward)**
  1. Athlete/Assistant: Directs Chair Orientation.
  2. Ensure chair is totally in the ring:
    - The chair is the Athlete,
    - All chair parts, footplates, holding bar, Etc. mustn't protrude past the front of the Ring.
    - A plumb bob is sometimes used
  3. Tie Down:
    - Secure the Chair: With 4 or more Heavy Duty Ratchet Straps/Chain
    - Officials, (Aides/volunteers) typically 2-5, anchor the throwing frame in the ring.  
One on each of the straps & best practice for 1 seated in the chair.
    - Check: Ensure the chair is secure during warmups and adjust/correct if necessary.
  4. ISSUES: Discus is the most difficult to ratchet due to the side to side forces.  
Shot, Javelin & Club the forces are typically forward and back which are easier to hold the frame secure.

# Ratchet Videos

## How to use

- Pull all wrapped ratchet strap out
- Manually pull all slack strap tight before ratcheting!!!
- DO NOT OVER WRAP!!!!

## How to fix



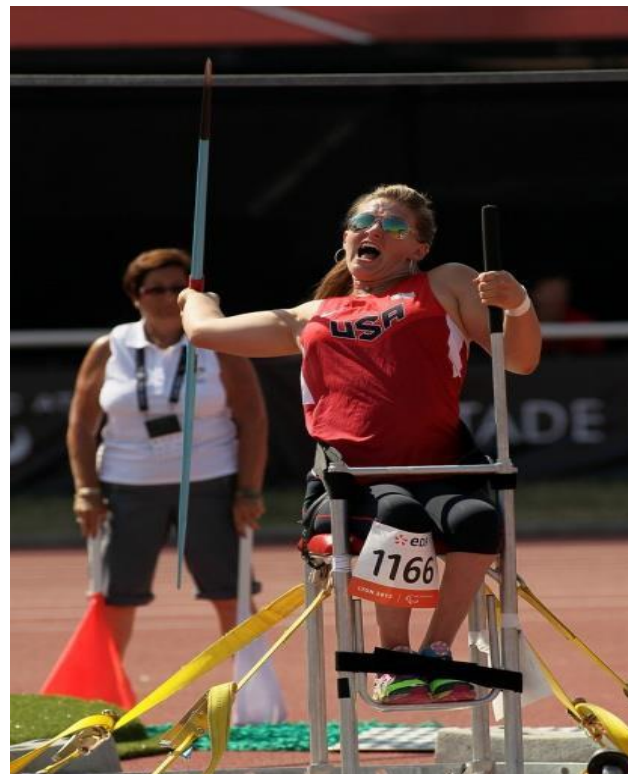


# Best Practices for Event Management & Judging Chair Placement

Angle



Straight,



Backward





# Best Practices for Event Management & Judging Athlete Seated Options

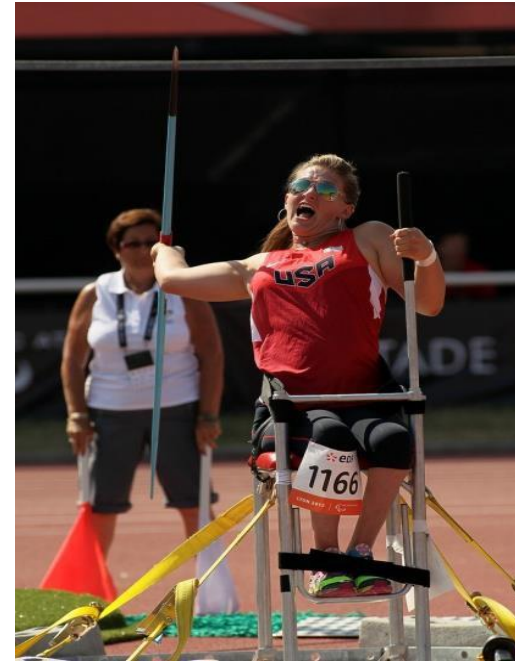
Corner



Straddle,



Forward



Backward





# Seated General

- Shared Chairs: At Regional Competitions the Flight coordinator should reassign throwing order to group athletes sharing a throwing chair. Saves approximately 2 minutes per athlete.
- Classes F31-33 & F51-53: May strap their non-throwing hand to any part of the throwing frame within the vertical plane of the throwing circle.
- Timing: After the field chair is secured in the ring, and offered to the athlete, the athlete has:
  - 4 minutes - Classes F32-34 & F54-57
  - 5 minutes - Classes F31 & F51-53To strap in and do as many practice throws as they wish.
- Aides: All classes, other than F55-F57, may have an aide, without an assistance form, to help with mounting and strapping.
- Prelim/Final: If chair is removed after the first 3 throws & re-secured for the final 3 throws, the above times change to 2 min and 3min respectively, WITHOUT ANY WARMUPS.

# Seated Throw/Put

- Definition: From the start of the throwing action until the implement hits the ground.
- Time: The Athlete has 1-minute to start the initiation of the throw
  - Clock starts (typically) when the implement is handed to the athlete.
  - Do not rush bringing the implement back and starting the next Trial.
- Throws: 6 consecutive throws. (if 8 or less competitors in a SINGLE CLASS).
  - Due to minimal numbers in a class many events may have 8 or more athletes but, 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.
- Break: Athletes are offered a 1 min break between throw 3 and 4.
  - Official/Aid may provide athlete water, if requested.
  - The athlete can elect to continue without a break.

# Seated Measurement & Exemptions

## Measurement:

- If Total Station (TS)
  - Measure each throw.
- If Disto or Tape
  - Measure all following the last throw.
  - Mark each throw with Field Markers. (Typically, Construction flags are used)
  - Best Practice: labeled flags 1-6 and recorded as such.

## Exemptions:

- Javelin:
  - Flats are a FOUL for all classes age 14 or older. (even U17/U20 unlike USATF youth).
  - Youth Exception ATFUSA U11/U14: Mark tip, tail, or Flat (behind grip).
- F32 Shot:
  - Athletes may hold the shot away from the chin, & not have a continuous put.
  - The Shot however shall NOT: go below, outside or behind the shoulder (throw)



# Seated Fouls

- Lifting:
  - Any part of “butt bone” lifting off the seat.
  - 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: For WPA & WA, 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).

# Event Prep & Management

Pulling the Webinar All Together:

- Regional Vs Championship Crew Size and Roles
- Crew Chief or Field Ref Pre-Event Review

# Seated – Ref/Crew

- Championship Crew:

- Crew Chief -Runs the Crew
- Ring
  - Judge - Form / Lifting
  - Judge - Lifting / Knees
  - Judge - Vertical Hold Bar
- Sector
  - Judge - Mark
  - Judge - Retrieve (1/2)
  - Judge - Flat (Javelin)
- Admin
  - Judge - Flight Coordinator
  - Judge - Recorder
  - Judge - Result / Post
  - Judge - Clock
  - Judge - Implements

- Limited / Regional Crew:

- Crew Chief - Runs the Crew (Also Ring)
- Ring
  - Judge - Lifting / Form  
Knees / H. Bar
- Sector
  - Judge - Mark / Flat (Javelin)
  - Volunteer - Retrieve
- Admin
  - Judge - Flight Coordinator /  
Recorder / Clock /  
Implements
  - Judge - Result / Scoreboard Post



# Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Chair Check: Call Room / Pit.
  - If Call Room - what is the Call Room Mark.
- Chair Specifications:
  - $\leq 75$ CM height,
  - Minimum Square or Rectangle size of seat 30cm
  - Cushioning max 5cm (2”),
  - Holding Bar, solid, Round or Square, no bends or joints
    - Holding bar should not bend more than its width.
- Chair Position in the pit
- Who will tie the chair down, - Officials/Aides.

# Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Aides
  - All classes except F55-57 may have an aide without without an assistance form F31-F54
  - USA, ATFUSA Exception: at all Regional Meets all classes including Class F55-F57, can have an aide.  
(Except a F55-57 with a WPA License)
  - AIDES MAY NOT COACH WHILE HELPING THE ATLETE.
- Multiple Classes
  - Sections may have Multiple Classes and/or Age Groups
  - Implement weights may change from athlete to athlete.
  - Ensure the athlete has the proper weighted implement
  - At a Regional meet ensure the implement number is recorded on the pit sheet.
- Lifting
  - Review what Constitutes Lifting.

# Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Sharing Chairs
  - At Regional meets, ask who will be sharing a chair.
  - Reassign throwing order to group athletes sharing.  
Saves approximately 2 minutes per athlete.
  - Measure throws with chair in place:
    - If using a Steel Tape
      - Measure by running the tape under the chair.  
Ensure the tape is pulled through the ring center.
    - If using “Disto” type devise
      - Ensure the “Disto” type devise is positioned directly  
over the ring center.
- Timing to mount chair/warmups:
  - 4 minutes for F32-34, F54-F57
  - 5 minutes for F31, F51-F53



# Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Records:
  - USA ATFUSA Records:
    - Require 2 Officials to certify (Steel Tape. Disto, Total Station(TS) ) / Ref signs later
    - Implement is not confiscated;
      - Implement number is on pit sheet for each throw
    - Fill out Record Form
      - Remind Officials to ask if the athlete is an American citizen
      - Ask for the athlete's Year of Birth.
  - World / World Regional Records:
    - Requires:
      - In Competition Drug Testing
      - 2 Officials and the Ref to verify (Steel Tape, TS, Disto is not acceptable) .
      - Implement is confiscated and recertified.
      - Filled out Record Form with required signatures.

# Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Exceptions:
  - Classes F31-33 & F51-53 - Can tape their non-throwing hand to the holding bar.
  - F32 Shot Athletes
    - Do not have to have the Shot against the chin
    - Do not have to have a continuous Put.
- Bibs
  - Athlete BIB Number is required on the athlete and the chair.
  - For most USA regional meets Chairs are shared - Bib Athlete only.
- Tape Issues
  - Measure to the closest lower CM. (Ex: 45.8CM is recorded as 45.0).
  - Ensure all markers know where the Zero tape mark is.

# Seated – Ref/Crew Lead Pre-Competition review check list

- Event Specific Review:
  - Discus/Club regarding the implement hitting the cage
    - WPA / WA rules –
      - if an implement hits the throwing arm cage and lands in the sector it is good
      - If the implement hits the non-throwing arm cage and lands in it is a foul.
      - NOTE: These rules differ from USATF/Highschool/NCAA.
  - Javelin
    - Flat Official must position farther outside the Vector.
      - Due to shorter throws Javelins that do not drop at a great angle
    - U11/U14 Exception:
      - Flats are allowed; Mark Tip, Tail, Flat mark at back of grip.

# Conclusion & Questions

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Thanks for contribution support from:

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