

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

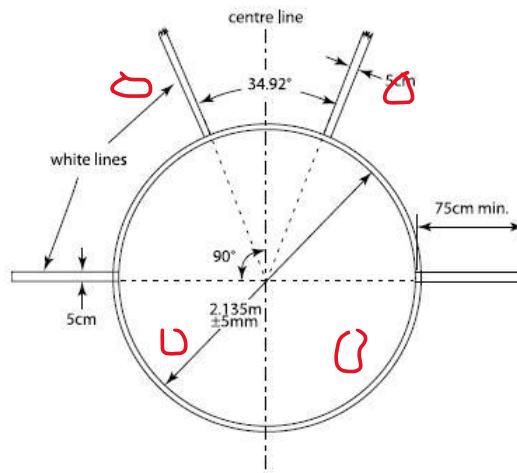


Platform



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 Resources 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

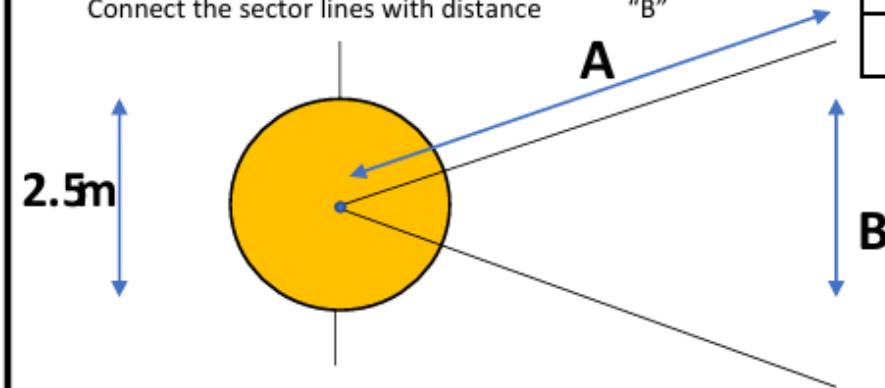
ALL SEATED THROWS EVENTS
SHOT, DISCUS, & JAVELIN
USE THE 34.92 DEGREE SECTOR



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"



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

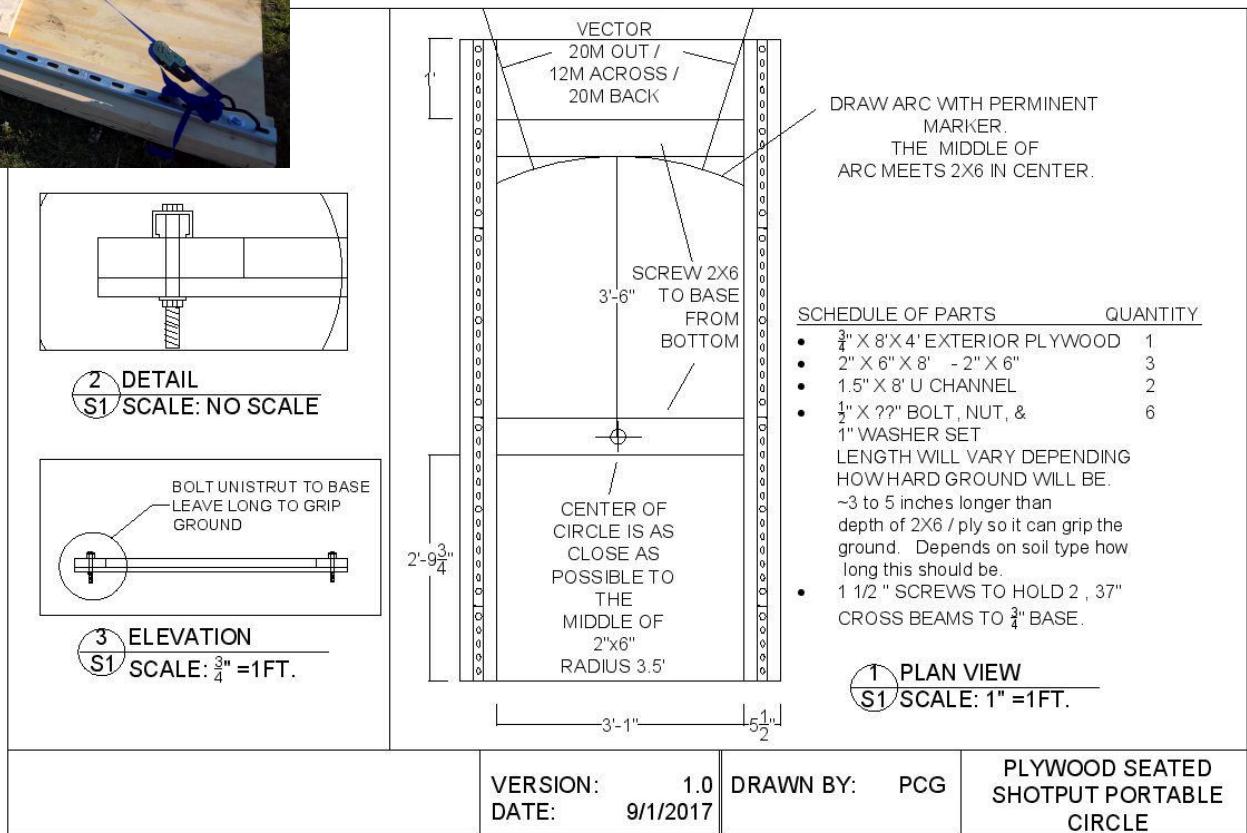
From the Officials Quick Para Athletics
Reference Guide



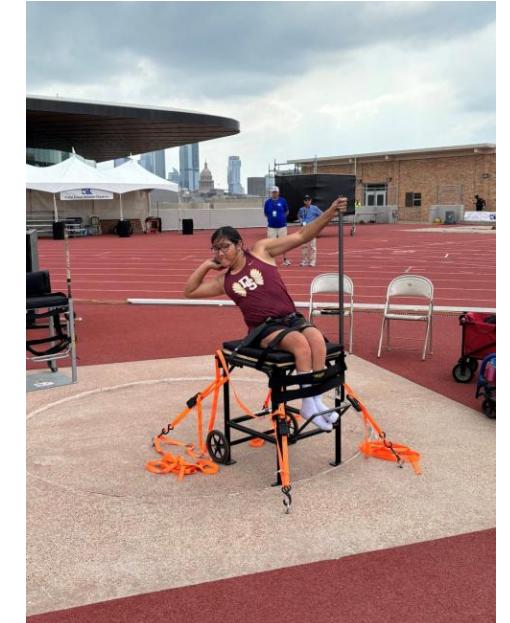
Platform



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,
- Rachet 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

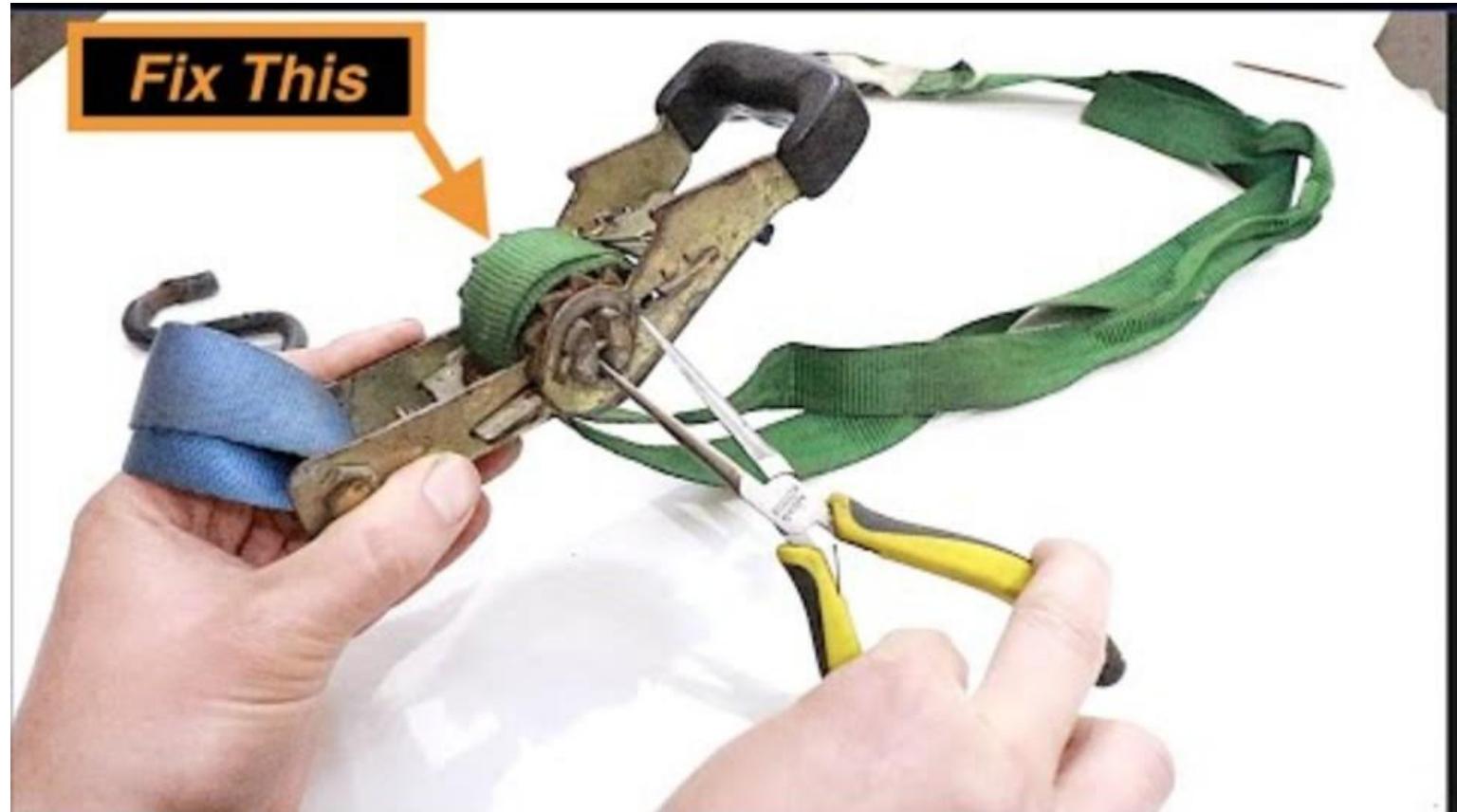
- **Position the Chair in the Ring Process: (Straight, At an Angle or Backward)**
 1. Athlete/Assistant: Directs Chair Orientation.
 2. Ensure chair is totally in the ring:
 - The chair is the Athlete,
 - All chair parts, footplates, holding bar, Etc. mustn't protrude past the front of the Ring.
 - A 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

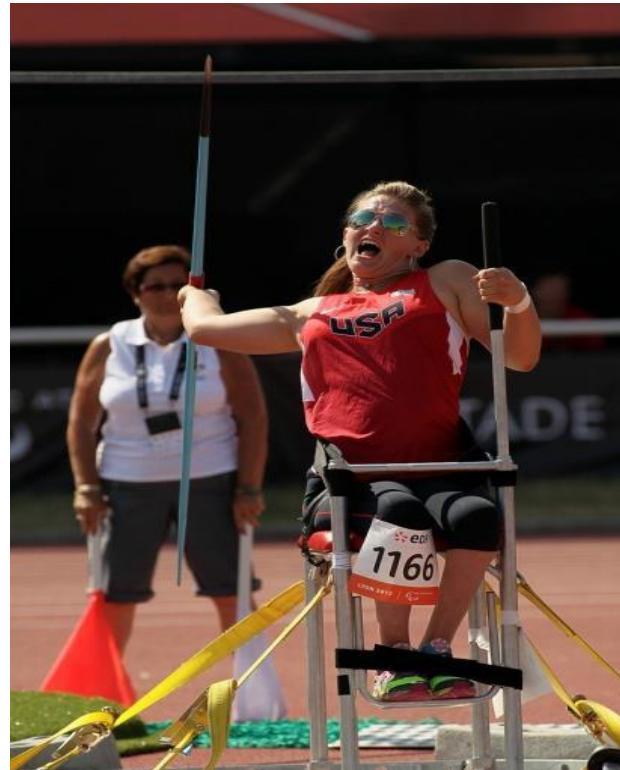


Best Practices for Event Management & Judging Chair Placement

Angle



Straight,



Backward



Best Practices for Event Management & Judging

Athlete Seated Options

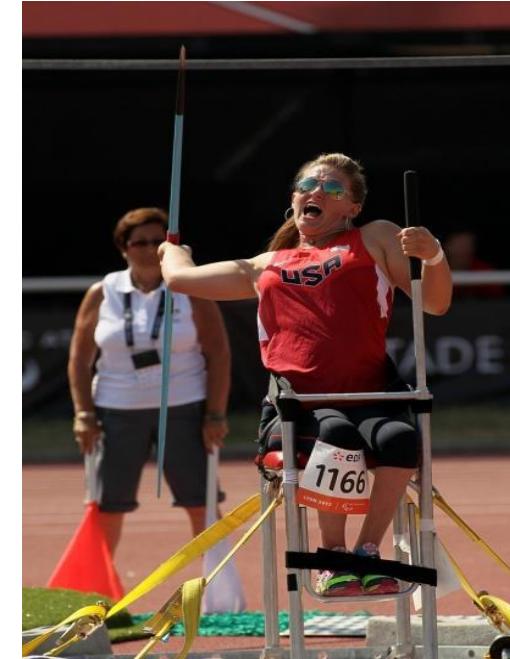
Corner



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

<ul style="list-style-type: none">• Championship Crew:<ul style="list-style-type: none">• Crew Chief -Runs the Crew• Ring<ul style="list-style-type: none">• Judge - Form / Lifting• Judge - Lifting / Knees• Judge - Vertical Hold Bar• Sector<ul style="list-style-type: none">• Judge - Mark• Judge - Retrieve (1/2)• Judge - Flat (Javelin)• Admin<ul style="list-style-type: none">• Judge - Flight Coordinator• Judge - Recorder• Judge - Result / Post• Judge - Clock• Judge - Implements	<ul style="list-style-type: none">• Limited / Regional Crew:<ul style="list-style-type: none">• Crew Chief - Runs the Crew (Also Ring)• Ring<ul style="list-style-type: none">• Judge - Lifting / Form Knees / H. Bar• Sector<ul style="list-style-type: none">• Judge - Mark / Flat (Javelin)• Volunteer - Retrieve• Admin<ul style="list-style-type: none">• Judge - Flight Coordinator / Recorder / Clock / Implements• Judge - Result / Scoreboard Post
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Seated – Ref/Crew Lead -- Pre-Competition Review Checklist

- Chair Check:
 - Call Room / Pit.
 - If Call Room - what is the Call Room Mark.
- Chair Specifications:
 - <=75CM 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:
 - Discuss/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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