

# -Seated Throws-

*An adaptation for Para Sport to allow competition for those that cannot ambulate*



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# Introductions



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# Seated Throws!

Is there anything wrong with this throw?

By the time we are done today  
you will know!!!!!!

*Hint: there are two things wrong!*

Video



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# Educational Goals

- Which athletes participate in Para-Athletics
- What equipment
- What events
- General Conditions
- Setup and timing of events
- Judging the events (lifting)
- Assistance
- Unique adaptations for some classes



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# Applicable Seated Throws Rules

Primary WPA Rules encompassing this session

- Rule 7- Assistance
- Rule 34-general conditions seated throws
- Rule 35-seated throws requirements
- Rule 36-seated throws technique, lifting & failure
- Rule 37-club throw
- Appendix 1-WPA implement weights for sports classes



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# Why do we allow some athletes to sit down to throw?

- Many (but not all athletes) have difficulty stabilizing and supporting themselves for the purpose of throwing while standing.
- Variation in functional limitation resulted in unfair competition therefore IPC/WPA changed to rules so that no one could gain advantage by using leg function to enhance their throws.
- Everyone that fits into this category must now remain seated and cannot rise above the seat.



# Which Athletes Are Required to Throw from a Seated Position?

## Classifications:

### 1. Wheelchair/Sitting Athletes

- a) Track – Classes T31, T32, T33, T34, T51, T52, T53, T54
- b) Throwing – Classes F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57,

**Cerebral Palsy**  
seated/wheelchair  
athletes

**Spinal Cord Injury**  
(or functionally  
similar)  
Seated/wheelchair  
athletes

### 2. Ambulant/Standing Athletes

- a) Track /Jumps – Classes T11, T12, T13, T14, T15, T16, T37, T38, T40, T41, T42, T43, T44, T61, T62, T63, T64, T65, T45, T46, T47
- b) Throwing – Classes F11-13, F35, F36, F37, F38, F40, F41, F42, F43, F44, F61, F62, F63, F64, F45, F46, F47

**Athletes in green**  
**MAY chose to**  
**compete seated**  
**(see slide 43)**



# Equipment

## Implements

- Shotput (1kg-7.26kg)
- Discus (750gr-2kg), \*750gr
- Javelin (400g-800g), \*400gr
- Club (1 size fits all), \*397g min wt.



*\*All implements are licensed by **World Athletics** except those designated by the asterisks, they are **World Para Athletics** specific*



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# Implements (by class)

Each athlete is assigned an implement size/weight based upon their:

- Class
  - Based on level of functional limitation in their chosen sport
- age
- gender



# Implements (by class)

Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female	Club Male & Female
F32	1.00kg	1.00kg	NE	2.00kg	NE	NE	397gr
					2.00kg	2.00kg	397gr
					3.00kg	3.00kg	NE
					4.00kg	3.00kg	NE
					4.00kg	3.00kg	NE
F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
					4.00kg	3.00kg	NE
					4.00kg	3.00kg	NE
					4.00kg	3.00kg	NE
					5.00kg	3.00kg	NE
F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE

**Caution:** Shotputs may be the same color and diameter but different weights!!

When officiating seated throws,  
ALWAYS verify the athlete's assigned  
implement with that listed in appendix 1.  
*Especially in a mixed class event!*



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# Equipment

## Field Throwing Chairs

- Minimum dimensions
  - Height of seat :  $\leq 75$  cm (including cushion without athlete sitting on it)
  - Seat size : 30 cm x 30 cm minimum (*must be square or rectangular*)
  - Orientation of seat : must be level or front higher than back of seat (i.e. lounge chair position)
  - Back and side rest padding :  $\leq 5$  cm

Note: these are items measured in call room



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# Equipment - group measurement

## Note 2:

- Often there is a chair measurement session done prior to competition
- This is so that errors can be corrected in time for the athlete to compete

“Vertical Bars”



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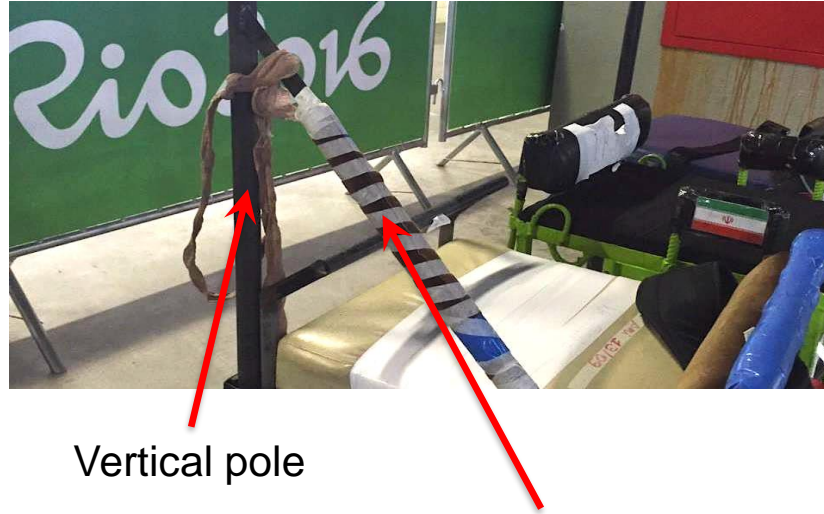
# Equipment (vertical pole)

## Vertical pole

- Allowed for purposes of facilitating balance during throw for all users (but not for performance)
- Must be within 5 degrees of vertical and a single piece that is straight
  - An angled brace is allowed so as to support the vertical pole and prevent it from bending during throwing action
- Some tape is allowed on pole to facilitate grip
- Some classes can tie their hand to the pole and tape it in place



# Equipment (field/throwing chair)



Vertical pole

This type of support structure for the vertical pole is allowed so as to limit any flexing.



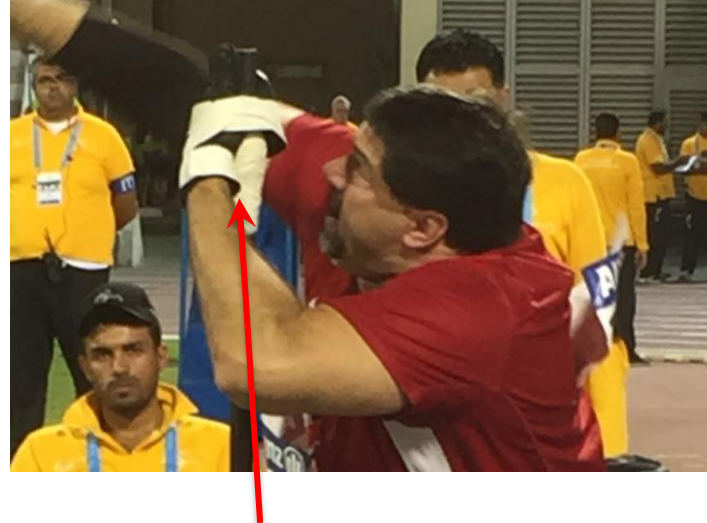
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# Equipment (field/throwing chair)



Added tape on holding bar for **F31-33 & F51-53** athletes is allowed so that the non-throwing hand (with or without a glove) may be tied to the holding bar.

*The is because these athletes have poor grip due to the functional limitations inherent to their class.*



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# Equipment (vertical pole)

- “Vertical pole” must be a single straight piece and mounted vertically +/- 5 degrees

- Straps used by athlete to tie themselves to chair must NOT be elastic in nature

Note: remaining part of stump for amputees must comply with lifting rules!



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# Equipment (field/throwing chair)



This type slot in the seat for running straps through is allowed.



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# Equipment (vertical pole)



- When throwing the implement, the pole must not flex or bend
- *Is there a foul?*

YES!

WHY?

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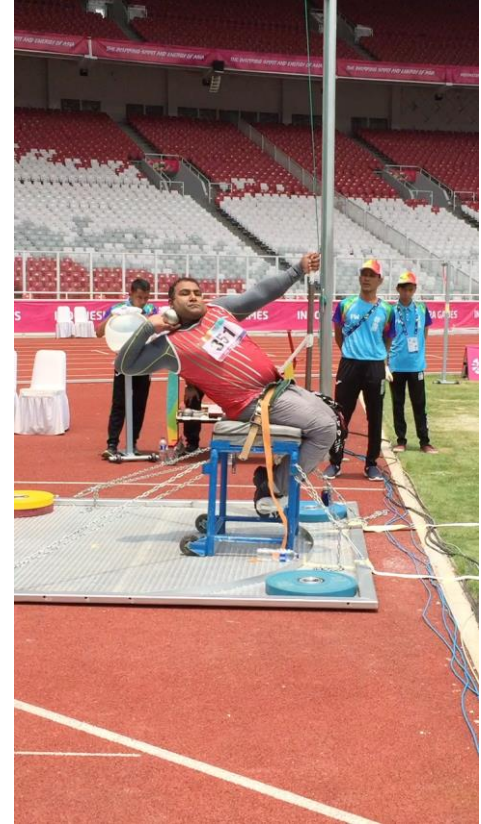
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# Equipment (vertical pole)

- When throwing the implement, the pole must not flex or bend
- Is this a foul?
  - No!
    - The platform lifts causing the illusion that the vertical pole is moving/bending



[VIDEO](#)



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# Equipment (field chair)

- All parts of the frame (footplates, vertical bar, etc.) must be inside the vertical plane of the inner rim of the circle. *Body parts may project outside the vertical plane!*
- Class F31-33 & F51-53 may wear a glove on the non-throwing hand and tape it to the vertical pole



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# Event Process

1. Athlete is called up (Receipt of throwing field chair/frame)
2. Officials secure field chair to throwing platform (with guidance from athlete, no time limit)
3. Athlete is allowed to position & secure themselves on the chair, and throw as many warmups as they wish in the time allowed for in the rules (based on class)
4. Athlete throws (3 or 6 times)
5. Athlete dismounts field chair and leaves throwing area



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# Event Process (secure chair)

- *1. Receipt of field chair and securing it to the throwing platform*
  - **Officials/Volunteers** will orient field chair (throwing frame) and secure it to throwing platform (or directly to ground)
    - May use help from athlete's assistant if allowed (e.g. F31-33 & F51-54)
    - Is done with guidance from athlete or assistant
    - Athlete or assistant may sit on chair to facilitate securing process
    - Chains or cargo straps are typically used (nothing elastic)



# Equipment (tie down)

- Chains or cargo straps should be used to tie the chair down to a platform
- This process is the purview of the judging team and their volunteers
  - Assistants (if allowed) and athletes may assist by guiding positioning of the frame on the platform



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# Event Process (timing)

## ➤ 2. *Throwing Frame is secure and ready for the Athlete*

- Once chair is secure it is offered to the athlete for use (step 2)
- Once the athlete has transferred to the seat the time for step 3 (securing athlete to the chair and warmup throws) begins and the clock starts!
  - Note: if athlete sits on chair during process of securing to platform, the time for step 3 begins as soon as the chair is securely tied down
  - Note2: The chief judge should indicate to the timer when to start the clock for this process. Total time allowed is based on athlete class. (see slides 27 & 30)
    - If in doubt, consult the ITO/Referee for the event



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# Event Process (secure athlete)

- *3) Athlete ties his/her self down to chair and takes as many warmup throws as allowed within the rules*
- Athlete secures her/his self to their throwing chair
  - An assistant, if warranted, may assist in this process (no coaching!)
  - Strapping must be only to the frame and **MUST** be non-elastic
  - If athlete cannot reach an inaccessible strap the volunteer (i.e. they dropped it), an NTO or chief judge may hand it to them regardless of class



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# Event Process (secure athlete 2)

Official cautioning  
assistant not to  
coach.



Authorized  
assistant for UAE  
athlete (F33)  
helping to secure  
athlete to the  
chair.



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# Event Process (timing)

## ➤ 4. Athlete begins warm up throws

- Athlete DOES NOT need to do “warmups” and may proceed directly to competition **OR**
- The athlete may take only a few throws, have time left, and indicate to the chief judge that she/he would like to begin competition early
- When there are 15 seconds left in the “strap/warm up” time the timer should verbally indicate so and raise a yellow flag

## ➤ Note time for securing athlete and taking warm-up throws is:

- 4 minutes for Sport Classes F32 - 34 and F 54 – 57
- 5 minutes for Sport Classes F31 and F51 - 53

**WHY?**

These athletes are more functionally impaired



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# Event Process (timing)

- Should the athlete not be ready to compete after warm up time expires, the chief judge should begin implementing throw timing (1 min per throw) while athlete continues to prepare themselves for competition.
- Each 1-minute throw time that expires without a throw will be considered a foul. (note: an appropriate time should be allowed between 1 min throwing intervals to account for time it would normally take to retrieve the implement).
- After all allowed throw times are used up the athlete will be excused from the event.



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# Event Process (throwing)

## 5. Athlete is allowed to throw

- Athlete will take 6 or 3 throws (depending on the process defined by the TD and the meet director) in succession without measurement
  - *Note: the athlete must remain seated from the time the implement has been handed to them until the implement has landed. One (1) minute per throw!*
  - Numbered pins/flags will mark the legal throws within the sector
  - Upon completion of all throws the athlete will be allowed to depart, the chair removed and each throw (i.e. PIN) will be measured with a fiberglass or steel tape and recorded. *(steel tape required for records)*

**Note:** if laser (EDM) measurement has been implemented then each throw may be measured as it occurs in sequence



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# Event Process (throwing)

- If the event is held in two pools the time for the athlete to secure themselves to the chair in the final 3 rounds of trials will be:
  - 2 minutes (F32-34 & F54-57) and
  - 3 minutes (F31 & F51-53).
- There will be no warm-up throws allowed.
  - *This is why the times above for are shorter than that for the first 3 throws!*



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# Event Process - Summary

1. Athlete is called up
2. Officials secure field chair to throwing platform (with guidance from athlete, *no time limit*)
3. Athlete is allowed to position & secure themselves on the chair, and throw as many warmups as they wish in the time allowed for in the rules (*based on class*)
4. Athlete throws (3 or 6 times)
5. Athlete dismounts field chair and leaves throwing area



# Assistance

- Some athletes are allowed to have an assistant to provide physical support (without asking permission) if they are in the lower functioning classes (F31-33 and F51-54)
  - *Assistants must be physically capable of helping their athlete!*
  - *Officials and volunteers working the event may not help the athlete transfer onto their throwing chair unless an accident is imminent*
- Other classes must request permission in advance if needed (evaluated by official event medical personnel and approved by TD)
- Assistants may help athlete transfer, help guide positioning of chair, provide fluids to athletes BUT, NO COACHING!!!
- *It is ok for officials to help pick up a strap or implement for athlete but not to facilitate strapping*





# Assistance

## Allowed Assistance:

- 1) Assistants for athletes in Sport Classes **F31-33 and F51-54** will be *permitted on the field of play, without request to the TD (one assistant per athlete per event)*, to assist the athlete under the control and supervision of the Officials. No coaching by the assistant is allowed!
- 2) Athletes in Sport Classes **F31-33 and F51-53** (i.e., quadriplegic athletes) *use strapping or a glove on their non-throwing hand and anchor/attach that hand to any part of the throwing frame within the vertical plane of the throwing circle.*
- 3) Some athletes in Sports Classes **T12, T20, T31-32 (FrameRunning), T35-38, T42-47 and T61-64** *may require their starting blocks to be set for them by the Starter's Assistant.* The request form diagraming the request is found in the call room.
- 4) Some athletes in Sports Classes **T/F20, T/F35-38 and T/F42-47 and T61-64** *may require their runway markers to be at a pre-set distance from the take-off board.* In this case, prior to the competition, the markers shall be set with assistance from a Field Judge. This would also apply in the javelin.



# Assistance

## Allowed Assistance (contined):

- 5) \*\*\*\*\*All other classes MUST make a request in writing to the TD for permission to have an assistant present in the competition area. Approved requests must be presented in the call room and provided to the chief judge/referee.

*NOTE: The above refers to “assistants” which are NOT the guides for visually impaired athletes which operate under different rules. Assistants typically provide physical help such as getting onto the field chair or other similar types of support. Assistants may NOT coach or provide other forms of support that would provide advantage to the athlete.*



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# Assistance

## Timing for seated throws:

The maximum time allowed for athletes to secure themselves to the chair (not tying the chair down because that is the task of the judges & volunteers) and have as many warm-up throws as time permits is:

**4 minutes** for Sports Classes **F32-34** and **F54-57**, or

**5 minutes** for classes **F31** and **F51-53** (*these more impaired classes receive more time*).

*Note ii: If the event is held in two or more pools, the time between the first three and last three rounds of throws will be as follows below (no warm-up throws!):*

***2 minutes (F32-34 & 54-57)***

***3 minutes (F31 & F 51-53)***



# Judging the event

- Throwing action
- Vertical bar moving too much
- Other throwing technical violations
- Lifting (or loss of contact with the seat)



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# Judging the event

## *(breaking chains or straps during throw)*

- If during the throw the chains/straps securing the chair to the platform break:
  - The athlete has option to get another throw OR take the result
  - No foul occurs because securing the chair is the responsibility of the officials/volunteers on the judging team

*Rule 35.6 Tie-down device failure*



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# Judging the event

## *(breaking chains or straps during throw)*

- If however, the chains/straps securing athlete to the field chair break:
  - The result will be judged and measured as usual with NO option for a repeat throw
  - The responsibility for securing athlete to the field chair belongs to the athlete. He/she is responsible for their own equipment and straps.

*Rule 35.6 Tie-down device failure*



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# Judging the event

## *(touching chains or straps during throw)*

- If an athlete touches any holding straps outside the vertical plane of the rim of the throwing circle it is a foul!
  - *Note: sometimes athletes will “tap out” by purposefully touching the strap when they don’t like their throw. Documented as a foul!*
  - *This is just like when an “able bodied” athlete taps the toe board to foul a throw they don’t like*

*Rule 34.9*



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# Judging (Lifting)

The hardest part of seated throws judging

- 3 elements of importance
  - Position of judge for optimum observation
    - Watch the athlete during warmup for clues!
  - Observing the buttocks during all phases of throw for lifting
    - if either, or both ischial tuberosities lifts off the seat during any phase of throw it is a lifting foul *Rule 36.1a&b*
  - Observing the knees during all phases of throw
    - Back of Knees must remain in contact with the front face of cushion during all phases of the throw *Rule 36.1a&b*



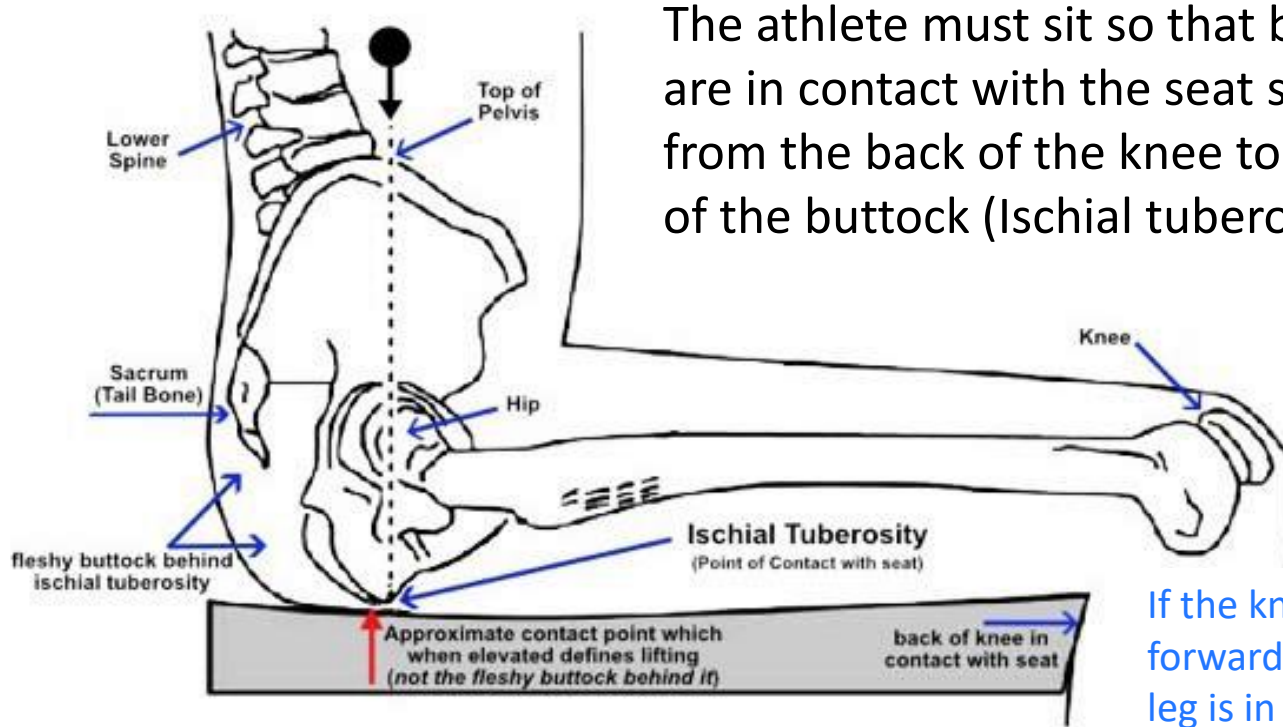
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# What is definition of lifting?



The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock (Ischial tuberosity).

If the knees move forward not all of the leg is in touch with the surface of the seat!



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# Judging (seating position)

- An athlete may sit on the seat by straddling one or both corners
- The athlete's legs must have at least minimal contact between the back of the knee and the seat.
  - Sliding along the seat without loss of contact is ok

Rule 36.1b Note (iv)



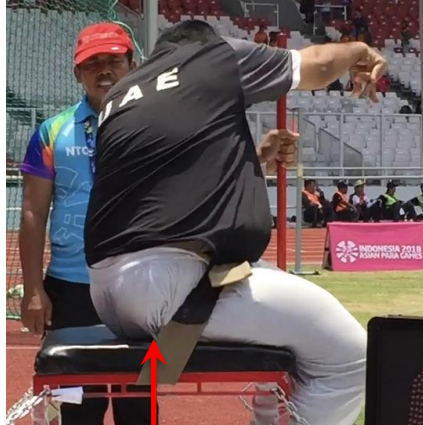
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# Judging (Lifting)

Lifting foul (Rule 36.11&b)



Approximate position of Ischium



Height of buttocks before throw



Approximate position of Ischium

Maximum height of buttocks during throw

[VIDEO](#)

[VIDEO](#)

No lifting foul



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# Judging (lifting)

Does this athlete lift??

**YES!**, the athlete rotates to the left during the preparatory phase of the throw lifting her left ischium

*Note that the official is in good position to observe this (but not watching!).*



[VIDEO](#)



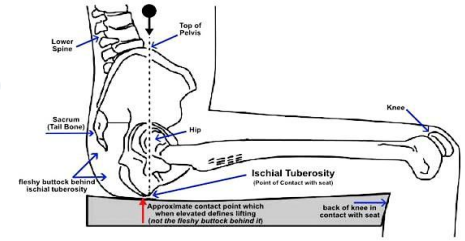
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# Judging (lifting)



[VIDEO](#)

Did this athlete lift??



**NO!** only the fleshy part of the buttock behind the ischium lifts, not the bony prominence of the ischium!!



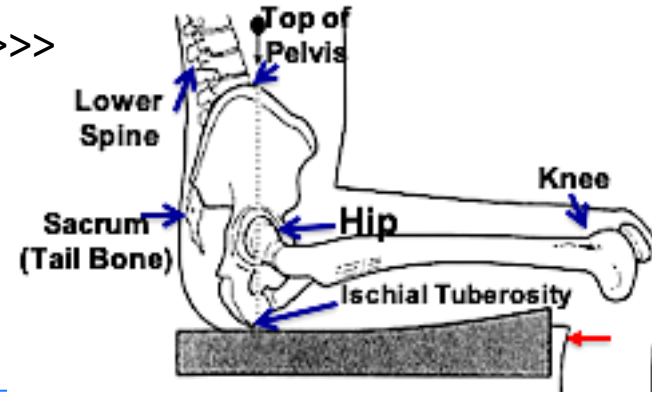
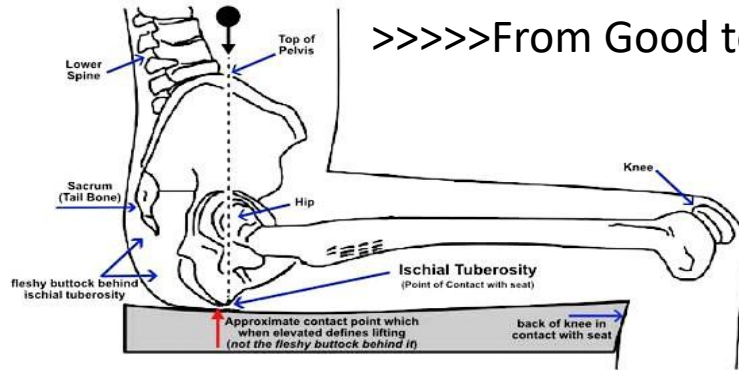
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# Judging (lifting-knee movement)



- Movement of the knees away from the front of the seat is considered lifting
  - *i.e. if the knees moved away from front of seat then not all of the leg would be in contact with the upper surface of the seat (see red arrow)!*
- Judges may tape the pants of the athletes (or something similar) in order to more clearly observe any knee movement





# Judging (lifting-knee movement)

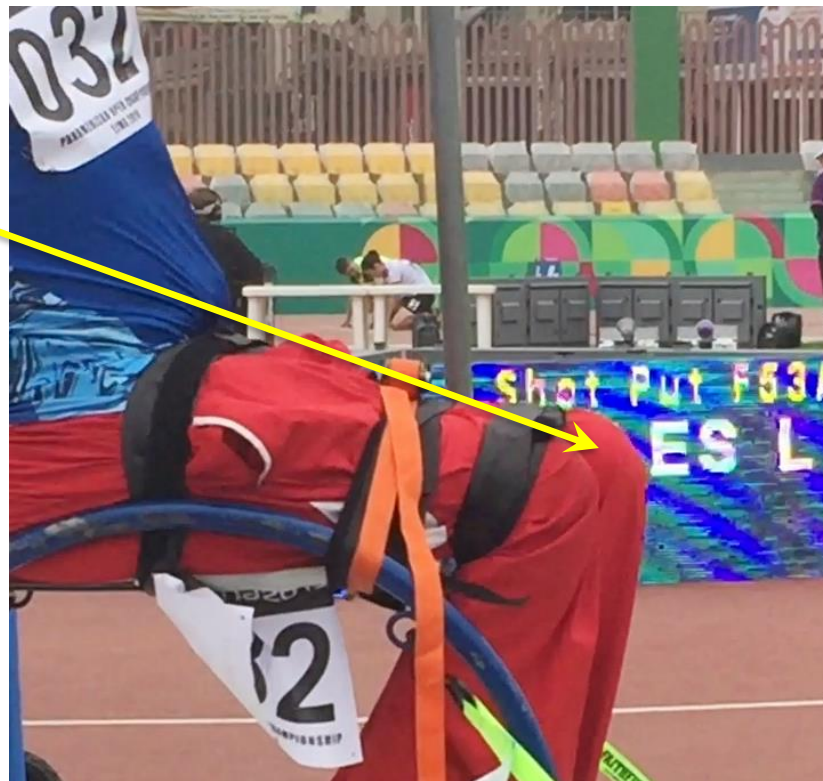


[VIDEO](#)

Note that the left knee moves away from the front of the seat during the preparatory phase of the throw THEN, the right knee moves forward away from the seat during the throw.

This is a foul and is very commonly seen!

Bad strapping



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# Judging Lifting (amputees)

- The remaining portion of an amputee's lower limb must also remain on the seat during throw!
- If athlete has knee it must remain in contact with the front of the seat



Standing		Seated/wheelchair
F35 (CP)	→	F34
F42 or F61/63 (Amp)	→	F57
F43 or F62 (Amp)	→	F57
F44 or F64 (Amp)	→	F57

- Lower functioning CP athletes and lower limb amputees may chose to throw seated
- The athletes move from their ambulatory class into the highest functioning seated classes





# Judging (club throw)

- The club may be thrown in any manner but it must be held by the neck of the implement.
- Athletes may throw facing forward towards the sector or they may throw backwards propelling the implement over their head
- The athlete's legs must have at least minimal contact between the back of the knee and the seat.
  - Sliding along the seat without loss of contact is ok



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# Judging (club throw)

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[VIDEO](#)



Valid throws throwing forwards and backwards. No lifting, *Rule 37*



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# Judging (club throw)



[VIDEO](#)

Is this a foul?

**YES!**



Backwards throw with  
lifting foul. (*lifting, Rule 37*)



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# Judging (F32 shotput)

- Due to identified limitations in functional movements for this class of athlete it was decided to modify the rules for shotput only for this class.
  - This allows these athletes to keep a similar number of events available to them that other classes have. Fits with IPC's desire to maximize participation for athletes from classes with more severe functional limitations.
- For Sport Class F32, lateral movement of the shot away from the chin or neck during putting action is allowed. *Rule 31: Shot Put, Note (iii)*
- There is no requirement for a "straight continuous movement of the shot", i.e. a "put". *Rule 31: Shot Put Note (ii)*



# Judging (F32 shotput)



Is this a Foul?



**YES! Behind the shoulder is still not allowed.**

*Rule 31.1 Shot Put, .....The shot shall not be taken behind the line of the shoulders.....*

[VIDEO](#)



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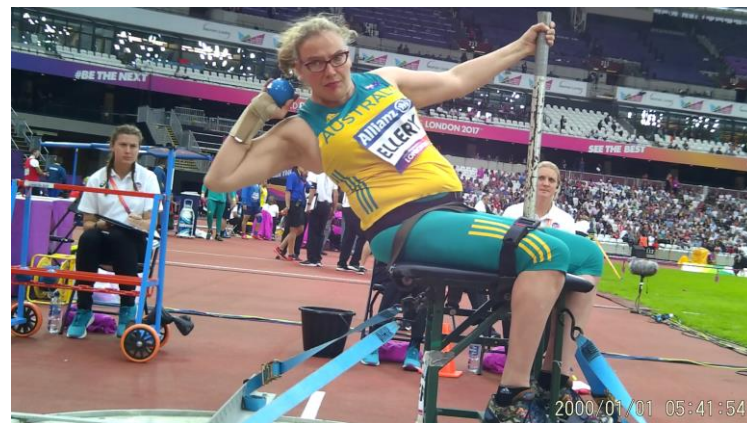
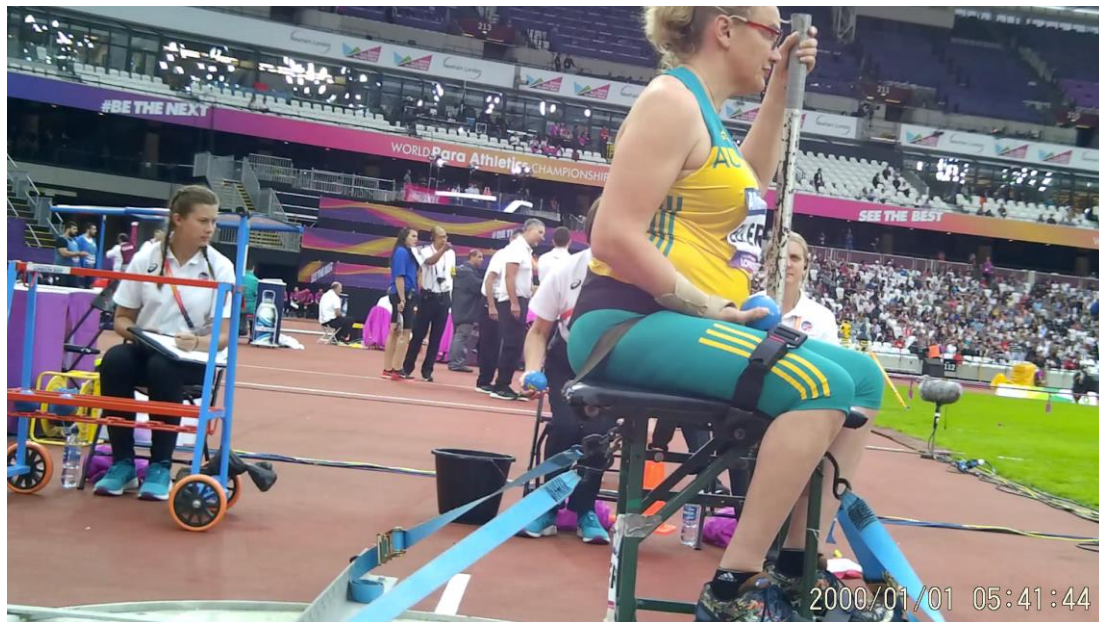




VIDEO

# Judging (F32 shotput)

Is this a Foul?



Shotput is NOT drawn behind the shoulder (even though the shotput is away from chin) therefore the throw is valid. (however she does lift her ischium!! Therefore a lifting foul!)

*Rule 31.1 Shot Put, ".....The shot shall not be taken behind the line of the shoulders....."*

*Rule 31.1 Shot Put. Note (iii) ....lateral movement of shot away from chin is allowed....*



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# Judging (F32 shotput)



Is this a Foul?



**YES, but harder to call! Shotput is drawn behind the shoulder—Not a valid throw.** *Again however, this athlete also lifts her ischium during follow through)*

*Rule 31.1 Shot Put, “.....The shot shall not be taken behind the line of the shoulders.....”*

*Rule 31.1 Shot Put. Note (iii) ....lateral movement of shot away from chin is allowed....*



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# Questions?



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Many thanks for your interest in Para Athletics and attending today!

*Feel free to contact us at any time if you have questions:*

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