SECURED THROWS - JUDGING FIELD (F31-F34, F51-F57)

CLUB THROW (1 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)

- •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



SECURED THROWS - JUDGING FIELD (F31-F34, F51-F57)

CLUB THROW (2 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



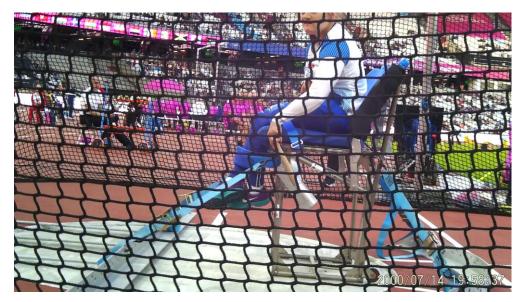


Valid throws throwing forwards and backwards.

No lifting, Rule 37

SECURED THROWS - JUDGING FIELD (F31-F34, F51-F57)

CLUB THROW (3 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)





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