



## TYPE OF COMPETITION

### Standing Competitions

- Standing Discus
- Standing Shot Put

### SEATED Competitions

- Seated Discus
- Seated Shot Put
- Seated Club

### Discus Classifications

- Standing Male Discus – 1.5k, Shot 6k – 6.0, 5.5U, 5.5L, 5.0, 4.5, 4.0, 3.5, 3.0, 2.0, VI
- Standing Female Discus – 1K, Shot 4k – 6.0, 5.5U, 5.5L, 5.0, 4.5, 4.0, 3.5, 3.0, 2.0, VI
- Seated Discus – 1k, Shot-4k, Club-.397k\*\* - 6.0, 5.0, 4.0, 3.0, 2.0, 1.0 Club & Discus, V

## COMPETITION FORMAT

- Athletes will be allowed four (4) throws.
- The top three (3) athletes with the furthest throw in their classification and gender will be the medalists.
- We will be throwing mixed classes, so look at the schedule to see what classes are throwing in any ring.

## SPORT DETAILS

### Discus

- The discus shall be thrown with one (1) hand only. Athletes may spin, stand to throw, or use a seated throwing frame.

### Shot Put

- The shot shall be put (pushed) from the shoulder with one (1) hand only.
- The shot shall touch or be near the neck/chin when the athlete puts the shot put.
- Shot weights vary according to class and gender.
- Athletes may spin, glide, stand to throw, or use a seated throwing frame.

### Club (for athletes with extensive upper body impairment)

- The club may be thrown either from a position facing the landing sector or from a position facing backwards and throwing overhead or underhand into the landing sector.
- The club weighs .397 grams.
- The club is only contested in the 1.0 and 2.0 classifications (an event for athletes that have very limited arm and hand function).

- The athlete will throw from a seated throwing frame or a power chair.

### **Seated Frames**

- Seated frames may not be more than 75 cm high with a cushion.
- Holding bars may be used to give the athlete the ability to pull themselves forward (typically if they do not have the use of abdominal muscles) or provide stability while throwing.

### **Standing Foul Violations**

- During a put/throw attempt, the athlete touches the top of the throwing circle ring with any part of their body.
- The athlete exits the throwing circle in any direction before their implement has landed. The athlete must exit out the back half of the throwing station.
- The athlete's implement touches or lands outside of the throwing sector.

### **Seated Foul Violations**

- The athlete fails to commence a put/throw within one (1) minute of the Field Official handing them their implement.
- The athlete's implement touches or lands outside of the throwing sector.
- Footplates do not stay behind the throwing circle.
- Holding bars are not used correctly. A holding bar is an optional throwing frame attachments for the athlete's safety, support, and stability.
- LIFTING - The athlete does not remain in contact with the seat of the throwing frame from the moment the implement is handed to the athlete to the moment the implement strikes the ground.

## **SCORING & RULES**

- Each athlete's distances (throws) are scored against athletes within their gender/classification.
- Each pit could have athletes competing from multiple classification categories.

