

WHEELCHAIR SHOT PUT RULES

1. All competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair). Scooters and “standing chairs” will not be allowed.
2. The upper most part of the cushion/seat on any chair may not exceed 75 cm (29.5inches) in height.
3. The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
4. A coach may assist the athlete entering the circle.
5. One buttock cheek must remain in contact with the seat during the throw.
6. No part of the throwing frame, including any holding bar, shall move (save for incidental movement that cannot reasonably be eliminated) during the throwing action.

COMPETITION CLASSIFICATIONS

There are two classifications: Class 1 and Class 2.

- Class 1: will be for athletes with any disability of the lower extremities (such as spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries), for example: severe, permanent injuries in the knee, ankle, and hips.
- Class 2: will be for athletes with disability that affect lower and upper extremities (such as cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury.) Class 2 athletes are eligible to compete in Class 1. However, if they choose to compete in Class 1, they may not compete in Class 2.

IMPLEMENT SPECIFICATIONS

	CLASS 1	CLASS 2
BOYS	4k	6 lb
GIRLS	6 lb	6 lb

Wheelchair Loaner Program

Please contact Randy & Pam Chiavaroli (727) 271-6411 or (727) 271-3568 for more information on the equipment loaner program.



ADAPTED TRACK & FIELD DIVISION

SHOT PUT

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