

## Rule 35: Seated Throwing Requirements

(Sport Classes F31-34, F51-57)

*[Note to officials: for the purpose of interpreting this rule and other rules regarding the shape, dimensions, construction and other characteristic of competition equipment, the 'fundamental principles' set out at regulation 3.3.1.in Regulation 3.3 regarding 'Technology and Equipment' should be observed.]*

### 1. Throwing Frame Specifications:

- a) The maximum height of the seat surface, including any cushioning, shall not exceed 75 cm;
- b) Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30 cm in length. The seat surface must be level or with the front higher than the back (i.e. inclined backwards).

*Note: The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area.*

- c) The throwing frame may incorporate side, front and back rests for the purposes of safety and stability. They can either be made of non-elastic fabric (e.g., non-elastic canvas) or be a rigid construction that does not move (e.g., rigid steel or aluminium). The backrest may incorporate cushioning that must not exceed 5 cm in thickness.

*Note: The structure of the throwing frame shall not impede the view of judges.*

- d) The side, front and back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;
- e) The throwing frame may have a rigid vertical holding bar. The holding bar must be a single, straight piece of material without curves or bends, and with a cross-sectional profile that is circular or square, not oval or rectangular. It must not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;

*Note (i): It is understood that most materials will flex and distort to some degree under pressure and it will not be practical or economically viable to engineer a solution whereby all flexing is totally eliminated. However, flexing must not be clear to the naked eye and in the opinion of the technical officials the spirit of these rules and Regulation 3.3 is being breached.*

*Note (ii): The holding bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding athlete's physical prowess.*

f) 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.

The corner(s) of, or notches in, the seat surface may be cut to accommodate side, front, back rests and/or a holding bar into the main throwing frame. The size of these cuts shall not be appreciably more than the space needed to insert the rests or the holding bar in them. The overall shape of the seat shall remain square or rectangular.

g) Footplates, if used, are for support and stability only.

h) A daily wheelchair that satisfies these criteria is acceptable (including the requirement that it must not move during the throwing action).

## 2. Throwing Frame Measurement and Inspection

Throwing Frames will be measured and inspected in the Call Room or at the competition area prior to the commencement of the event. Once it has been measured and inspected an athlete's Throwing Frame must not be taken from the competition area before the start of the event. Throwing Frames can be re-examined by the officials before, during or after the event.

*Note: Measurement will always take place without the athlete sitting in the frame.*

## 3. Athlete's Responsibility for Throwing Frame Compliance

It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated in Rule 35.1. No event shall be delayed while an athlete makes adjustments to their throwing Frame.

## 4. Positioning of the Throwing Frame (Sport Classes F31-34, F51-57)

When positioning and securing the throwing frame inside the competition area all parts of the throwing frame, holding bar and footplates must remain inside the vertical plane of the rim of the circle throughout the trial.

## 5. Time Allocation for Securing Frames (Sport Classes F31-34 and F51-57)

A reasonable amount of time will be permitted for an athlete's throwing frame to be secured in the circle before the athlete attains a seated position on the throwing frame. The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:

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

b) 5 minutes for classes F31 and F51-53.

*Note(i): Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.*

*Note (ii): If the event is held in two pools the time between the first three and last three rounds of trials for the athlete to secure in the chair will be 2 minutes (F32-34 & F54-57) and 3 minutes (F31 & F51-53). There will be no warm-up throws allowed.*

*Note (iii): While the responsibility for 'tying down' rests with officials and volunteers, the Technical Delegate may issue specific interpretations at each competition which ensure athletes do not engage in time-wasting tactics.*

6. Tie-down Device Failure (Sport Classes F31-34, F51-57)

If a tie-down device should break or fail during the execution of a throw then the overseeing official should:

- a) If the athlete does not fail, offer the athlete the option of re-taking that trial (i.e., if the athlete is happy with the distance and they haven't failed then the athlete has the option of counting the affected trial), or;
- b) If the athlete fails then the trial should not be counted and the athlete should be allowed to retake the affected trial.