

# VGSE2020 Shot Put Rules



*These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. The Valor Games Southeast 2020 is not a qualifying event for USA Nationals or other Paralympic sanctioned events.*

## Disability/Classification Groups:

Participants will compete in these four categories:

- **Standing Shot**—men
- **Standing Shot**—women
- **Sitting Shot**—men
- **Sitting Shot**—women
- **Quad division** -- men
- **Quad division** -- women

To compete in Standing Shot:

Open - No permanent physical disabilities (PTSD, TBI, Orthopedic injuries)

VI – (Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes)

Other – Leg amputees, Arm amputees, Leg/Arm dysfunctions – (If a thrower is entered in to a running event, they will compete in this classification group and not the seated throws disability group)

To compete in Sitting Shot:

Wheelchair – Participants in this category are paraplegic, have minimal or no use of lower extremities, and are a primary or full-time WC user

Other – All other **disabilities that cannot throw standing**. Participants in this category must compete with their feet off the ground and secured to the throwing chair. Amputees who compete in this category may not use their prosthetic devices.

**\*\*\* PLEASE NOTE THERE WILL BE NO MASTER DIVISIONS.** This is due to the lack of classifiers being at event and time constraints. \*\*\*

## Event

A minimum of three athletes must be signed up for an event to be contested in a particular division.

For standing field events, athletes will have a 10-minute warm up time for practice throws. After the warm-up time concludes athletes will complete three throws that will be measured and recorded. Athletes will rotate after each throw until the athlete completes their three scoring throws. ALL athletes must sign their scores after being recorded for scores to count towards obtaining a medal.

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Seated throwers will receive two practice throws before completing their three consecutive throws that will be measured and recorded. ALL athletes must sign their scores after being recorded for scores to count towards obtaining a medal. Seated athletes will only be able to redo their throws if there is an equipment malfunction. Under no other circumstances may a seated athlete redo their throws (this is due to time constraints and fairness to other competitors).

## Equipment

### Men

#### Shot Put

- Standing – 6 kg
- Sitting – 4 kg
- Quad – 2 kg

### Women

#### Shot Put

- Standing – 3 kg
- Sitting – 3 kg
- Quad – 2 kg

## **Throwing Chairs:**

### ***Throwing Frame Specifications***

- a) The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm;
- b) Footplates if used are for support and stability only;
- c) Footplates to be placed on the ground and to secure the contact foot are allowed, but should not provide height advantage. The height of these footplates must not exceed 1 cm;
- d) Side and back rests for safety and stability may be attached to the seat. They must be nonflexible and non-movable;
- e) The frame may have a holding bar. The holding bar material may be of metal, fiberglass or a similar material and must be a single straight piece of material without curves or bends and should not contain springs, joints or articulation. The cross-sectional profile should be circular or square not oval or rectangular. The point where the holding bar is fixed (joined) to the chair must contain no levers or hinges that could assist with propulsion of the implement;
- f) No part of the frame including any holding bar shall be moveable during the throwing action;
- g) A day chair that satisfies these criteria is acceptable.

## **General Throwing Rules:**

### **Putting the Shot**

ALL Categories: From start to finish, the movement shall be a straight, continuous putting action. The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. Distance is measured in meters.

### **Time Limits**

#### ***Seated Throwers:***

A competitor will be given a time of one minute between each throw. The one minute time will begin when the implement is handed to the competitor.

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## ***Standing Throwers:***

A competitor will be given a time of one minute for each throw. The one minute time will begin when the competitors name is called.

## ***Positioning Wheelchair/Throwing Frame***

- a) The leading edge of the holding bar must be positioned inside the line of the vertical plane of the throwing circle
- b) Athlete must sit so that both legs are in contact with seat surface from the back of the knee to the back of the buttock
  - Amputees who decide to throw in seated position must remove lower leg prosthetics (This is to ensure an even playing field. Seated athletes should not be using legs to assist with throw).
  - No body part can touch any of the tie downs during the throw
  - This sitting position must be maintained throughout the throwing action until the throw has been marked. Strapping across the upper thighs and/or pelvis is encouraged

Chairs will be measured and marked as legal at the beginning of the competition, but meet managers have the right to re-measure a chair at any time.

Seated throwing chairs are staked down using stakes and ratcheted tie-downs.

## **Holding Device Failure**

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

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

## **Failed Throws**

A throw is considered a failure if an ambulatory athlete in the course of a trial:

- a. Athlete improperly releases the shot
- b. Athlete throws shot before official gives signal to throw (Official will clear pit before each throw for safety reasons)
- c. After athlete has stepped into the circle and begun to make a throw, they touch with any part of his or her body the top of the rim or the ground outside the circle
- d. Touches any part of his or her body with the top of the stop board
- e. When leaving the circle, he or she must step out the back half of the ring, after the implement has landed.
- f. All valid throws must land inside the vector lines.

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For seated athletes, a throw is considered a failure if any of the above occurs and/or:

- a. Athlete's butt raises off the seat.
- b. Athlete touches tie down during throw
- c. Athlete improperly releases the shot
- d. Athlete throws shot before official gives signal to throw (Official will clear pit before each throw for safety reasons)
- e. All valid throws must land inside the vector lines.

**Arguing with scorers or staff may result in disqualification from the event.** Complaints may be submitted in writing to event staff. We wish for this to be a fun event for everyone and attempt to keep in consideration the needs of all athletes.

## **Medals**

Medals will be awarded to the top three finishers in the following categories:

- Standing Shot**—men
- Standing Shot**—women
- Sitting Shot**—men
- Sitting Shot**—women
- Quad Shot**—men
- Quad Shot**—women

If interested in Paralympic-specific rules and regulations about throwing shot, go to the link below:

[https://www.paralympic.org/sites/default/files/document/160126174701371\\_2016\\_01\\_26+IPC+Athletics+Rules+and+Regulations\\_A4\\_Final.pdf](https://www.paralympic.org/sites/default/files/document/160126174701371_2016_01_26+IPC+Athletics+Rules+and+Regulations_A4_Final.pdf)