

## C. THROWING EVENTS FOR AMBULANT ATHLETES

### COMMENT: Practice trials at the competition area

Athletes in Field Events are entitled to warm-up at the competition area prior to the start of the competition.

For ambulant throwers, previously athletes were given two practice throws, there is now no such specification and athletes shall be allowed as much warm-up and practice throwing as the warm-up time permits. At IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the standard practice is still two Official practice throws are given and in the official throwing order as drawn by lot. See the differences for secured throwers in the rule respecting Seated Throwing Requirements (Rule 35.5).

## Rule 30: General Conditions

(Rule 187)

### *Implements*

1. The implements used (not otherwise unique to Para Athletics) shall comply with current World Athletics specifications. Only those implements which hold a current valid World Athletics Product Certificate of approval may be used at WPA Recognised Competitions (see Part B - 3.1.2).

The Para Athletics Implement Weights lists are set out in Appendix 1.

*Note: In WPA Recognised Competitions under Part B - 3.1.2, athletes must only use the implement weights relevant to their Sport Class (as outlined in Appendix 1).*

2. The weights of Implements listed in Appendix 1 and not otherwise identified by World Athletics specifications must be verified by the Technical Delegate to confirm the implement is compliant.

*Note: This refers to implements unique to Para Athletics that are not documented within World Athletics Rule 187 or related appendices.*

3. Except as provided below, all such implements shall be provided by the LOC. The Technical

Delegate(s) may, based on the relevant Technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are World Athletics certified or, those implements that are not on the World Athletics list of certifiable implements which must be measured, verified and marked as approved by the LOC and approved by the Technical Delegate(s) before being made available to all athletes for use in competition. Such implements will not be accepted if the same model is already on the list of those provided by the LOC. Unless the Technical Delegate decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which he is competing.

*Note: "World Athletics certified" implements may include older models that previously held a certificate but are not in production any longer.*

COMMENT: It is becoming increasingly common for the LOC to provide a lesser range of implements than in the past (largely due to the cost of purchases). This increases the responsibility of Technical Managers and their assistants to closely check all personal implements presented for competitions - to ensure that they comply with the Rules as well as being on the World Athletics list of certified products. Implements which do not currently have but have previously had a World Athletics certificate may be accepted for competition if they comply with the Rules

4. No modification shall be made to any implements during the competition.

### ***Assistance***

5. The following shall be considered assistance and are therefore not allowed:

- a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts;
- b) The use of any device of any kind, including weights attached to the body, which in anyway provides assistance when making a trial;
- c) The use of gloves;
- d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor

the roughening of the surface of the circle.

*Note: If the Judges are aware, they shall direct any athlete not complying with this rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. If a trial is completed before the non-compliance is noticed, the Referee shall decide what action shall be taken. In all cases considered serious enough, Rule 2.13.5 and Rule 8.2 may also be applied.*

6. The following shall not be considered assistance and are therefore allowed:
  - a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only. A shot putter may use such substances on his neck.
  - b) The placement by an athlete, in the Shot Put and Discus Throw, on the implement, of chalk or a similar substance. All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.

**COMMENT:** The importance here is that athletes may apply substances to their hands or on the implements, but they shall be easily removable from the implement using a wet cloth. If they cannot be removed easily using a wet cloth then the substances cannot be used under any circumstances. In practice the Officials are responsible for ensuring that the substance is removed from the implement prior to it being returned to the implement rack.

It is important to note that this applies to Shot Put and Discus only. A javelin thrower may not apply any substance to the implement. However, there is no provision which would restricts a javelin thrower from using any substance on his hands (but not the implement) that complies with Rule 30.6 (a).

- c) The use of taping on the hands and fingers that is not in contravention of Rule 30.5 (a).

### ***Throwing Circle***

7. The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. The inside and top of the rim shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not

slippery material. The surface of this interior shall be level and  $2\text{cm} \pm 6\text{mm}$  lower than the upper edge of the rim of the circle.

In the Shot Put, a portable circle meeting these specifications is permissible.

8. The inside diameter of the circle shall be  $2.135\text{m} \pm 0.005\text{m}$  in the Shot Put and  $2.50\text{m} \pm 0.005\text{m}$  in the Discus Throw. The rim of the circle shall be at least 6mm thick and shall be white.

*Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 30.8 are clearly visible.*

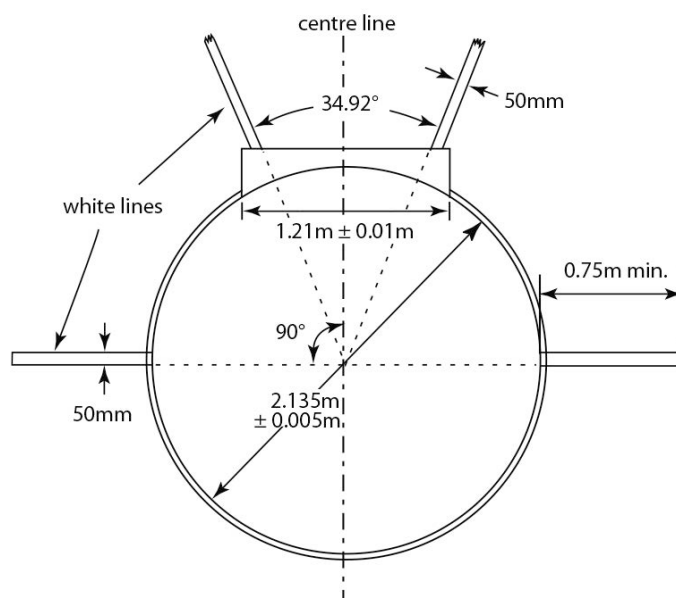


Figure 13 – Layout of Shot Put circle

A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

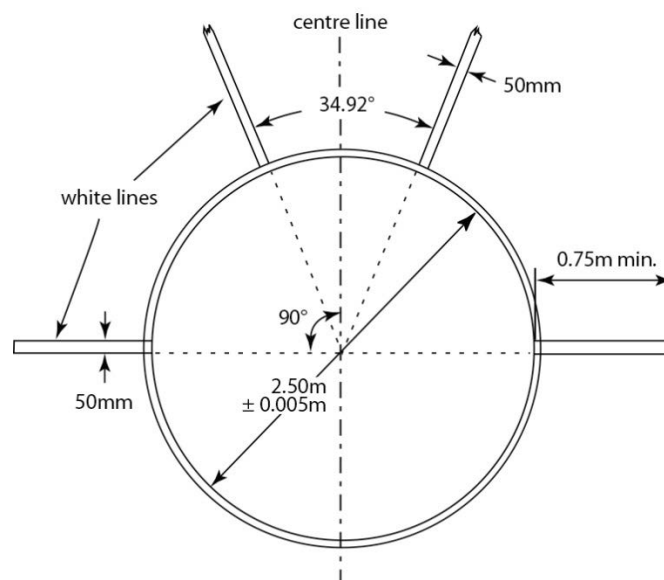


Figure 14 – Layout of Discus circle

### ***Javelin Throw Runway***

9. The minimum length of the runway shall be 30m except at the IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)), where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m. It shall be marked by two parallel white lines 50mm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of at least a 70mm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, at least 0.75m long and at least 70mm wide. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

World Para Athletics Rules and Regulations 2023

### ***Landing Sector***

10. The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.
11. The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).
- 12.

- a) Except for the Javelin Throw, the landing sector shall be marked with white lines 50mm wide at an angle of  $34.92^\circ$  such that the inner edge of lines, if extended, would pass through the centre of the circle.

*Note: The  $34.92^\circ$  sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle  $12m \pm 0.05m$  ( $20 \times 0.60m$ ) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.*

- b) In the Javelin Throw, the landing sector shall be marked with white lines 50mm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part (see Figure 15). The sector is thus about  $28.96^\circ$ .

**COMMENT:** The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the Judges. The landing surface should not allow the implement bounce backwards thus creating a risk that the measuring point is obliterated.

### ***Trials***

13. In the Shot Put and Discus Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 31.2.

COMMENT: There is no restriction on how, or from which direction, an athlete may enter the circle nor in the case of the shot put is there any restriction on making contact with the stop board during this process. The relevant requirement is that once inside he must adopt a stationary position before commencing his trial.

A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands or other parts of the athlete's body to be stationary.

14. It shall be a failure if an athlete in the course of a trial:

- a) Releases the shot or the javelin other than as permitted under Rule 31.1 and Rule 33.1;
- b) After he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle;

*Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*

- c) In the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);

COMMENT: Officials must be careful here to use appropriate judgement. For example, if an athlete's shoelace touches the top of the stop board it is not a failure, but if the bottom of his shoe touches the top of the stop board it is.

- d) In the Javelin Throw, touches with any part of his body the lines which mark the runway or the ground outside.

*Note (i): It shall be considered a failure if the discus strikes the far side of the cage (left side for a right-handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.*

*Note (ii): It will not be considered a failure if the discus strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then*



*lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 30.16.*

COMMENT: The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.

It is clarified that the top inside edges of the rim of the circle and of the stop board are considered to be part of the top of the rim and stop board respectively. This means that should an athlete make contact with the top inside edge of either the rim or the stop-board then he will be considered thereby to have made a failure.

The addition of the Note to Rule 30.14 (b) applies to rotational techniques used by athletes in Shot Put and Discus Throw. It should be interpreted that any “incidental” touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not of itself be regarded as a failure. However, it is clear that any technique which thereby obtains an advantage through leverage or propulsion would constitute a failure.

15. Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

*Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 24.17.*

COMMENT: In these circumstances, there is no restriction on how, or from which direction, an athlete may leave the circle or runway if he chooses to do. The relevant requirement is that no other Rule is or has already been infringed.

16. It shall be a failure if the shot, the discus, or the head of the javelin in contacting the ground when it first lands touches the sector line, the ground or any object (other than the cage as provided in the Note to Rule 30.14) outside the sector line.

17. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or

- a) for throws made from a circle, if, when leaving the circle, the athlete’s first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

*Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.*

- b) in the case of the Javelin Throw, if when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.

COMMENT: The second and third sentences in Rule 30.17 (b) are designed to speed up the judging process and not to create an additional method of calling a failure on the athlete. The purpose of the "4m marks" is solely to enable the Judges to raise the white flag and begin measuring the trial once the athlete retreats behind this point (in the same way as they would do if he had otherwise correctly left the runway). The only requirement is that there is no other reason for calling a failure and that the implement has touched the ground before the white flag is raised. Necessarily, if the athlete for whatever reason never progresses past the "4m marks" when making his throw then the flag can be raised once the implement has landed.

- 18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

### ***Measurements***

- 19. In all throwing events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimetre.
- 20. The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 50.5):
  - a) from the nearest mark made by the fall of the shot or discus, to the inside of the circumference of the circle along a line to the centre of the circle;
  - b) in Javelin Throw, from where the head of the javelin first struck the ground to the inside

edge of the arc, along a line to the centre of the circle of which the arc is part.

COMMENT: As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds. Except where Rule 50.5 is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases. Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the implement in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the “zero” is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.