

How to Run an Efficient Seated Pit

R4 01/15/2026

1. Check pit sheet

- a. Note
 - i. Move United/ATFUSA athletes with Class 90 or 91 cannot set records. (90/91 athletes are Athletes with a disability but do not meet the WPA classification standards. 90> wheelchair/91>ambulatory. This gives these athletes a place to compete.)
 - ii. Athletes who have ND (No distance) for where the record is- it will be a record if legal throw- start a record sheet (Remember to ask if USA citizen and their Year of Birth)
 - iii. Note which athletes throw what size implements and where to record the implement number on the pit sheet
- b. Ask athletes who is throwing from which chair and make note on next to their names i.e. orange Eagle
 - i. Realign list to group athletes sharing a chair to help avoid time to getting chairs in and out of the circle

2. Chair check

- a. Make sure each chair has the chair inspection sticker on it for this meet,
- b. If no sticker measure the chair 75cm max height with cushion without athlete, seat minimum 30cmx30cm, foam back max 5cm, no elastic straps.

3. Position chair in circle- this step will make the difference in how fast your pit moves

- a. Forward facing, side facing, rear facing... with athlete/coaches input (coach is welcome to come and assist placement and athlete into chair at Regional Meets)
- b. No part of the actual chair outside the circle (athletes' feet may be over edge without touching rim) but not any part of chair including footrests
- c. Tie down system- best with one person on each corner and one sitting in chair to stabilize. Train your volunteers (At National Championships the Official Crew) to assist with this, it will be so much faster.
- d. Double check tie-down straps are released fully prior to tightening and ratcheting to make sure they are all tight (not over wrapped) and ratchet bracket is folded back down
- e. Move ends of straps out of tripping hazard- throw under chair, tie onto chair
- f. Watch out for stakes pounded into the ground which are also tripping hazard mainly for the officials

4. Athlete into the chair

- a. All Field Class Athletes except F55-57 may have a coach/aid help to get the athlete into the chair and strap.
- b. If possible F55-57 athletes should get themselves into the chair, if not coach/aid may assist at Regional meets. WPA Licensed F55-57 athletes must mount and strap themselves unless an approved assistance form is presented.

- c. OFFICIALS ARE NOT TO ASSIST LIFTING THE ATHLETE INTO THE FRAME, if their foot becomes wedged in the chair let them know and ask how to assist them if needed. Do not touch the athlete without permission for the athlete and officials safety.
- d. Start stop watch-
 - i. athletes in classes F32-34 and F54-57 have 4 minutes to get into chair, strap in, then may do as many warms up as desired in that time frame.
 - ii. Athletes in classes F31 and F51-53 have 5 minutes. (This time includes donning glove and attaching their hand to the throwing frame (within the vertical plane of the circle)) for classes F31-33 and F51-53
- e. Best Practice - How to remove/replace pole or adjust the foot plate - allen wrenches /hex keys should be in the basket of each seated throws pit if the athlete/coach neglects to bring their own.

Note: This work, to adjust, is done with in the 4 or 5 minute period.

- f. Proper position
 - i. Athletes shall be positioned so that they are sitting fully on the seat from the ischial tuberosities (bony prominence on bottom of buttock) to the back of both knees.
 - ii. Athlete may be sitting forward or sideways straddling a corner of the chair

5. Common fouls

- a. Lifting of the ischial tuberosity off the seat
- b. Lifting of the knees off the front of the seat
- c. Movement of the knees away from the edge of the seat
- d. Good practice to watch athlete warming up and notify them if you see movement so they can adjust strapping prior to competition throws
- e. Throwing fouls usually occur with the shot away from the chin and then throwing the shot. Class 32 is allowed to move shot away from the chin but not behind the plane of the shoulder, and movement will usually not be smooth.
- f. Holding bar bending more than its width during the throw. (Note: ensure it is the Bar and not the entire chair not ratcheted properly)

6. Marking throws

- a. Athlete will throw six consecutive throws with 1 minute offered rest allowed after 3 throws
- b. Each throw will be marked with provided marking flag- all of which are numbered to correspond to the respective throw- useful especially for records
- c. Once the athlete has completed throws the athlete will exit the circle, if no one else is using that throwing frame the frame will also be removed from the circle and each flag distance will be measured and recorded in the corresponding block on the pit sheet.
- d. If another athlete is throwing from that chair in the same position, the chair should remain in the circle and the measure tape positioned under/through the chair legs to pull through the center of the circle.
- e. If a "Disto" type devise is used to measure it will needs to be positioned appropriately (over the ring center) in the circle to get desired measure
- f. For Javelin ensure the Flat Official is positioned far from the Vector to better see low angle landing Javelins.

7. Transition to a New Athlete:

- a. While one set of officials is measuring, another with assist of volunteers should be removing chair and getting next chair ready to be placed into the circle immediately after measures are taken and steps 3-6 repeat.

8. Records:

- a. All records shall be certified using a steel tape, or Total Station.
At a Regional meet USA National records may also be measured with "Disto" type devices..
- b. At Regional meets 2 Officials are needed to Certify the distance with the Ref signing later.
- c. At a WPA National championship or Regional meet with on-site doping,
WPA World or Regional records require 3 officials certifying, one being the Ref.
- d. At Regional meets the implement may stay in service and will be verified after the event.
- e. For WPA World or Regional records the implement shall be confiscated and certified before being allowed back into competition.