

SECURED THROWS - JUDGING

FIELD (F31-F34, F51-F57)

CLUB THROW (1 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)

- The club may be thrown in any manner but it must be held by the neck of the implement.
- Athletes may throw facing forward towards the sector or they may throw backwards propelling the implement over their head
- The athlete's legs must have at least minimal contact between the back of the knee and the seat.
 - Sliding along the seat without loss of contact is ok



SECURED THROWS - JUDGING

FIELD (F31-F34, F51-F57)



CLUB THROW (2 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



Valid throws throwing forwards and backwards.
No lifting, *Rule 37*

SECURED THROWS - JUDGING

FIELD (F31-F34, F51-F57)



CLUB THROW (3 of 3) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



Backwards throw with
lifting foul.
lifting, Rule 37