

SECURED THROWS - JUDGING

FIELD (F31-F34, F51-F57)

KNEES MOVING AWAY FROM THE CHAIR FOUL (click on Left pictorial for Video)

(Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



Note that the left knee moves away from the front of the seat during the preparatory phase of the throw

THEN,

the right knee moves forward away from the seat during the throw.

This is a foul and is very commonly seen!

Bad strapping

