

WHAT YOU SHOULD KNOW TO BE A REF AT A PARA TRACK & FIELD MEET.

FIELD:

1. Conduct a SEATED throws rules discussion:
 - a. Focus on Chair rules; 75CM height, size of seat, holding Bar.
 - b. Chair Position in the pit and who will tie the chair down, Officials or Coaches/Parents/
 - c. Who can have an aid to help the athlete get into the chair and strap themselves in.
 - i. F31-F34 & F51-F54.
 - ii. In the USA we have a rule Exception that any Athlete U11 or U14 can have an aid helping them into their chair for all classes.
 - iii. ALL AIDS MAY NOT COACH WHILE HELPING THE ATLETE INTO THEIR CHAIR
 - d. No Lifting. Explain Lifting.
 - e. Timing to get into chair and to do warmups.
4 minutes for F34, F54-F57; 5 minutes for F31-F33 & F51-F53.
 - f. Tell pit officials to ask if the athlete is an American citizen if they tied or exceeded a USA national record and ask and record the athletes Date of Birth.
2. Discuss where the officials should be positioned,
 - a. If 1 > to the right of a right of a right handed thrower, 45degrees behind so they can see lifting, The throw form and the implement landing.
 - b. If 2> one as above 1 in Sector marking.
 - c. If 3> One as above watching form, One watching lifting, one marking.
3. Athlete bibs are supposed to be on the athlete and the chair. For most USA meets Chairs are shared. Allow bib number on Athlete only.
4. Where possible ask who will be sharing a chair and change the throw order to allow for the chair to be put in once and all athletes use it. Measure throws from under the chair.
5. Measure is to the closest lower CM. (Ex: 6 meters 45.8CM is recorded as 6.45).
6. For ambulatory T11 and T12 athletes in long jump a 1 meter jump board is laid down with powder. Measure from the closest foot mark in the powder.