

# Athletics Coach's Manual



Photo Credit: Fran Harris, Team NB

# Index

1.	Who is athletics for?.....	
2.	List of Events-Track.....	
3.	List of Events- Field.....	
4.	Classification.....	
4.1.	Meaning of T/F.....	
4.2.	Meaning of the numbers.....	
4.3.	Visual Impairments.....	
4.3.1.	Guide Vs. Sport Assistant .....	
4.3.2.	Choosing a Guide/ Sport Assistant.....	
4.4.	Intellectual Impairments.....	
4.4.1.	Eligibility.....	
4.5.	Short Stature.....	
4.6.	Neuromuscular and coordination.....	
4.6.1.	Definitions.....	
4.7.	Impaired Muscle Power and Passive Range of Movement.....	
4.7.1.	Definitions.....	
4.8.	Limb Deficiencies.....	
4.8.1.	Degree of amputation.....	

# Index

5.	Equipement.....	
5.1.	Blocks.....	
5.2.	Visual Impairments.....	
5.3.	Limb Deficiencies.....	
5.4.	Wheelchair Racing.....	
5.4.1.	Racing Chair .....	
5.5.	Throwing Frame.....	
5.5.1.	Throwing Frame Description.....	
5.5.2.	Strapping.....	
5.5.3.	Day Chair .....	
5.6.	Implements.....	
5.6.1.	Classes F11-F13.....	
5.6.2.	Classe F20.....	
5.6.3.	Classe F31-38.....	
5.6.4.	Classe F40-46.....	
5.6.5.	Classe F51-57.....	
5.6.6.	Classe F61-64.....	

# Index

6.	Rules .....	
6.1.	Racing.....	
6.2.	Jumps.....	
6.3.	Shot Put.....	
6.4.	Discus.....	
6.5.	Javelin.....	
6.6.	Club Throw.....	
7.	Technique.....	
7.1.	Seated Throws- Shot Put.....	
7.2.	Seated Throws- Javelin.....	
7.3.	Seated Throws- Discus.....	
7.4.	Seated Throws- Club Throws.....	
7.5.	Wheelchair Racing.....	

# Index

8.	Drills.....	
8.1.	T-Throw.....	
8.2.	Bean Bag Darts.....	
8.3.	Over-Unders.....	
8.4.	Spider/Crab Walk.....	
8.5.	Human Hurdles.....	
8.6.	Castle Building Relay.....	
8.	Lesson Plans.....	

# Who is Athletics for?

Athletics is for ANYONE!

Age groups :

- Run, Jump, Throw, Wheel: Typically any athlete from 6-12 years old
  - Under 17 (U17): Typically any athlete from 14-16 years old
  - Under 20 (U20): Typically any athlete from 17-19 years old
    - Masters: 35+ years old

With 16 events to choose from there is an event for anyone!

# Events- Track

There is a total of 12 track events.

In para- athletics jumps are included in track events instead of field events.

There are a total of 27 classes that can compete in the track events.

- 20 of which are running and jumping events and 7 of which are wheelchair racing.

## Sprints

- 1) 100m
- 2) 200m
- 3) 400m
- 4) 4x100m

## Mid- distance

- 5) 800m
- 6) 1500m

## Long distance

- 7) 5000m
- 8) 10 000m
- 9) Marathons

## Jumps

- 10) Long jump
- 11) Triple Jump
- 12) High Jump



# Events- Field

There is a total of 4 field events.

There is an event that is unique to para- athletics and that is the club throw.

There are a total of 30 classes that can compete in the field events.

- 19 of which are standing throws and 11 of which are seated throws.

## Throws

- 1) Javelin Throw
- 2) Discus Throw
- 3) Shot Put
- 4) Club Throw



# Classification

Classification is the system in all para sports that determine who is eligible to compete and who will be grouped together. This grouping is similar to grouping athletes by age, gender and weight.

Athletes are classified by their limitations.

Classification of an athlete change with the evolvement of the impairment.

A great resource that simplifies classification:

<https://lexi.global/sports/athletics>



# Classification

The Classification of an Athletics athlete will always have T or F as the first letter. This indicates if the athlete is a track athlete (T) or a field athlete (F).

- 'T' indicates that the athlete participates in;
  - Sprints (100m, 200m, 400m, 4X100m)
  - Mid- distances (800m, 1500m)
  - Long distances/Marathons (5000m, 10 000m)
  - Jump event (High Jump, Long Jump, Triple Jump)
- 'F' indicates that the athlete participates in throwing events;
  - Javelin
  - Shot Put
  - Discus
  - Club Throw

# Classification

The T or F will then be followed by two numbers.

First number (1-6) will indicate the impairment type;

- 1= Visual Impairment.
- 2= Intellectual Impairment.
- 3= Coordination Impairment.
- 4= Upper and Lower Limb Deficiencies without the use of prosthetic.
- 4= Short Stature.
- 5= Impaired muscle power or range of movement.
- 6= Limb deficiencies with the use of prosthetic.
- 7= Severe motor and coordination Impairment.

Second number (1-8) will specify the description the impairment.

Informational video: <https://www.youtube.com/watch?v=-SmRVtp9QF0>

# Classification

T/F11- 13	Visual impairments.
T/F20	Intellectual impairments.
T/F31-38	Coordination impairments (involuntary movements, uncoordinated movements and/or muscle tension). 31-34 classes compete in wheelchair 35-38 classes compete standing
T/F40 - 41	Short stature.
T/F42 - 44	Leg deficiency, leg length difference, impaired muscle power or impaired passive range of movement in the legs. Compete standing.
T/F45- 47	Arm deficiency, impaired muscle power or impaired passive range of movement in arms. Compete standing.
T/F51-54 T55- 57	Impaired muscle power, restricted range of movement, limb deficiency or leg length difference. Competing in seated position.
T/F 61-64	Leg amputation. Compete with prosthetics in a standing position.
T71- 73	Cerebral Palsy with severe motor and coordination impairments.

# Visual Impairments

The athletes that are visually impaired are classed as T/F11-13.

Events include ;

- 100m,200m,400m
- 1500m
- Marathon
- Long Jump
- Discus, Shot Put, Javelin

T/F 11-12 are eligible to use a guide/sport assistant.

T/F11

Green= No impairment  
Yellow= affected at a low level  
Orange= affected at a moderate level  
Red=High degree of impairment

T/F12-13



# Guide VS. Sport Assistant

A **GUIDE** is someone that is carefully chosen to compete with the athletes.

- Guides are mostly used by the class T11 athletes, a tether is used to bound them together.
- T12 athletes have the option to use a guide, T13 athletes are not allowed to use guides and must compete independently.
- Athletes are permitted to use two guides for distances over 5000m.
- During a race Visually impaired athletes must cross finish line before guide. Guides are not permitted to push, pull or propel the athlete.

A **SPORT ASSISTANT** is used during Jump events and throwing events. They will assist athlete to the runway/circle and orient the athlete. They might use verbal cues and clapping to direct the athlete.

- Sport assistants do not compete with the athlete.
- For throwing events the sport assistant must exit the circle before the athlete begins their throw.
- Athlete must exit field of competition before sport assistant can physically guide them, however auditory cues are permitted.

# How to choose an appropriate guide/sport assistant

A guide should have the same technical skills as the athlete.

A guide should be able to run at the same pace (if not faster) as the athlete.

A guide should have the same endurance/speed as the athlete.

A sport assistant should have a good knowledge of athletics and event specific technical skills.

A sport assistant should have good interpersonal skills.

At the beginning stages of an athlete's journey good candidates for these roles are *siblings, friends and provincial level able bodied athletes*. Guides should change to match the evolution of the athletes abilities.

# Intellectual Impairments

The athletes that are intellectually impaired are classed as T/F20.

Events include ;

- 400m \*must use blocks and four-point stance.
- 1500m
- Long Jump
- Shot Put

T/F20 Athletes are eligible to compete in paralympics for athletics, swimming and tennis.

There are limited modifications for T/F20 athletes.



Green= No impairment  
Yellow= affected at a low level  
Orange= affected at a moderate level  
Red=High degree of impairment

# Eligibility

- An intellectual impairment must be diagnosed before the age of 18.
  - Athletes must have an IQ of 75 or lower on standard tests.
- Must have significant limitations in conceptual, social and practical adaptive skills.

# Short Stature

The athletes that are of short stature are classed as F40-41.

- F 40 = shorter height and limb length.
- F 41= Taller height and limb length.

Events include ;

- Shot Put, Discus and Javelin

Athletes must meet height and arm length requirements to be eligible.

There are no modifications for T/F40 athletes.



Green= No impairment  
Yellow= affected at a low level  
Orange= affected at a moderate level  
Red=High degree of impairment

# Neuromuscular and coordination impairments

Athletes in these classes are affected by hypertonia, ataxia and athetosis.

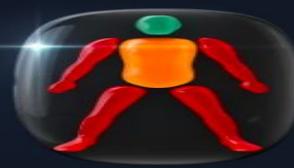
The athletes that fall into these classes can participate in wheelchair racing (T32-34)/ seated throws (F31-34) or running and jumping (T35-38)/standing (35-38) throws.

\*T35-T38 athletes are not required to use blocks if they choose to do so they do not have to use both foot plates.

The event the athlete competes in is determined on the severity of their impairment.

Green= No impairment    Yellow= affected at a low level  
Orange= affected at a moderate level    Red=High degree of impairment

T/F31-32



T/F33-34



T/F35



T/F36



T/F37-38



# Definitions

- **Passive Range of Movement:** A restriction or lack of passive movement in one or more joints.
- **Passive movement:** A movement of a joint without the effort of the athlete.
- **Impaired Muscle Power:** A restriction or lack of the ability to voluntarily contract their muscles.

# Impaired muscle power/ Passive Range of Movement

Events include ; **more?**

- 100m, 200m and 400m.
- 800m and 1500m.
- 5000m and marathon.
- Shot Put, Discus, Javelin and club throw.

**ALL** athletes in these classes use wheelchair during their races or do seated throws.

T/F51



T/F52-54



T/F55-56



T/F57



Green= No impairment  
Yellow= affected at a low level  
Orange= affected at a moderate level  
Red- High degree of impairment

# Definitions

- **Passive Range of Movement:** A restriction or lack of passive movement in one or more joints.
- **Passive movement:** A movement of a joint without the effort of the athlete.
- **Impaired Muscle Power:** A restriction or lack of the ability to voluntarily contract their muscles.

# Limb Deficiencies

T/F45-47 are athlete that have a deficiency in their *upper limbs*.

Events include ;

- 100m, 200m and 400m.
- 1500m.
- Marathon.
- Long Jump
- Discus, Javelin and Shot Put
  - Impairment should impact gripping/throwing in both arms.

T/F42-44, T/F61-64 are athlete that have a deficiency in their *lower limbs*.

Events include ;

- 100m, 200m and 400m.
- Long Jump
- Discus, Javelin and Shot Put

Athletes with with lower limb amputation will use a prosthetics during track events depending on their classification.

Green= No impairment Yellow= affected at a low level  
Orange= affected at a moderate level Red- High degree of impairment

T/F42



T/F43-44



T/F45-47



T/F61



T/F62



T/F63



T/F64



# Degree of Amputation

## Lower Limb

Classes T/F61-64 have lower limb deficiency with amputation.

**T/F61:** Above knee amputation (bilateral).

**T/F62:** Below knee amputation (bilateral).

**T/F63:** Above knee amputation (single).

**T/F64:** below knee amputation (single).

## Upper Limb

These athletes compete standing without support.

**T/F45:** Above or through elbow amputation (bilateral).

**T/F46:** Above or through elbow amputation (single) **OR** Through or above wrist amputation (bilateral).

**T/F47:** Through wrist or below elbow amputation (single)

# Equipement

Most events in athletics include the use of equipment.

In the next section we will look at all the equipment used and who typically uses them.



# Blocks

Blocks are used for all races up to 400m, they *may* be used for the following classes;

- T35-38
- T42-47
- T61-64
- T71-72

\*If athletes do choose to use blocks it is not required that they use both foot plates.

Blocks *must* be used for the following classes;

- T11-13
- T20



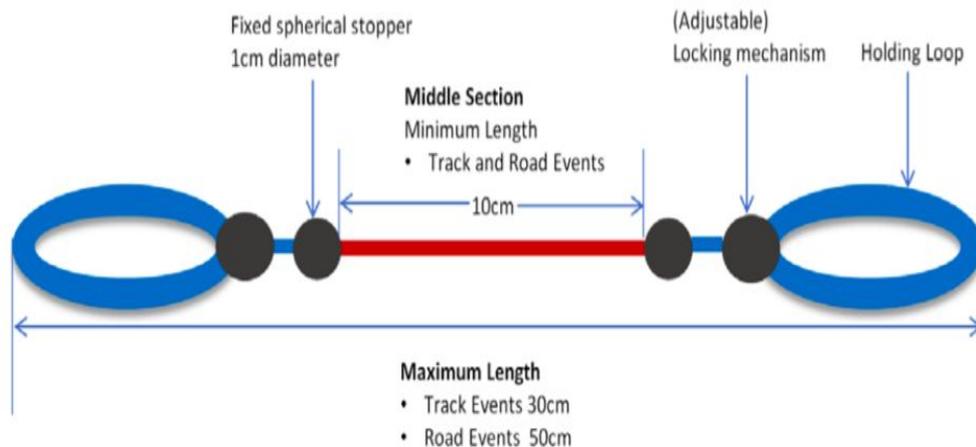
# Visual Impairments

When using a guide, athletes and guide hold on to either side of a *tether*.

It must be held by the holding loop's by both parties.

It is made of non elastic material.

Athletes in class T/F11 must wear *eye patches*, this can be gauze patches or equivalent material or approved opaque glasses. They must completely cover the athletes eyes/eye cavities.



# Limb deficiencies

Athletes with a lower limb amputation will compete with a *running blade*.

T45-47: The use of prosthetic is optional.  
\*If athletes choose to use a prosthetic they must use it throughout the entirety of the event.

T/F 61-64: Must compete with prosthetics in running and jumping events.

T45-47 athletes (arm amputees/ short arm length) may use *pads* to rest their stump at the start line of the race..

\* Pad must be within the athletes lane, cannot cross the start line and cannot interfere with the other athletes in anyway.

Running Blade



Pad



# Wheelchair Racing

In addition to the athletes *racing chair* that athlete must wear a *helmet* during their races. Athletes can also choose to wear *gloves*, soft or hard, the gloves have a rubber surface to create friction.

A helmet is required to protect the athlete against any possible crashes they may sustain during an event.

Informational video:

[https://www.youtube.com/watch?v=ZgiDW56NEc8&list=PLIcNFvNcTtdG7xVv6GcN1sPlsM\\_bz5pd&index=9](https://www.youtube.com/watch?v=ZgiDW56NEc8&list=PLIcNFvNcTtdG7xVv6GcN1sPlsM_bz5pd&index=9)

Racing chair

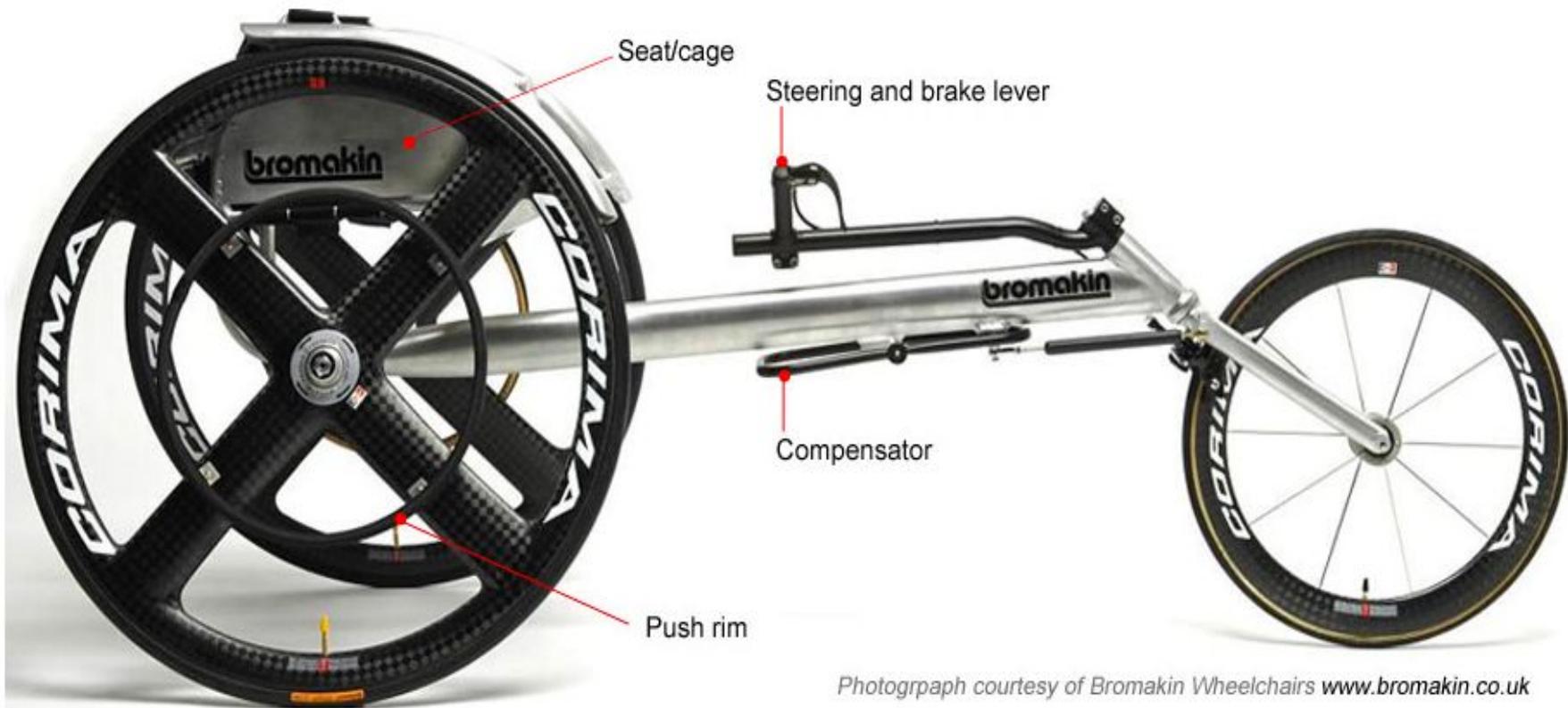


Helmet



Racing Gloves

# Racing Chair



Photograph courtesy of Bromakin Wheelchairs [www.bromakin.co.uk](http://www.bromakin.co.uk)

# Seated throws

In addition to the implements athletes that throw in the 'seated throws' category might use a *throwing frame*.

Athletes are also able to throw in their day chairs if it meets the same criteria as the throwing frame, which we will see in the following section.

*Prosthetics* are optional for throwing events.

Informational video:

[https://www.youtube.com/watch?v=ikIiqOehrxE&list=PLlcNFnEvNctdG7xVv6GcN1sPlsM\\_bz5pd&index=1](https://www.youtube.com/watch?v=ikIiqOehrxE&list=PLlcNFnEvNctdG7xVv6GcN1sPlsM_bz5pd&index=1)



\* *The pole can be removed.*

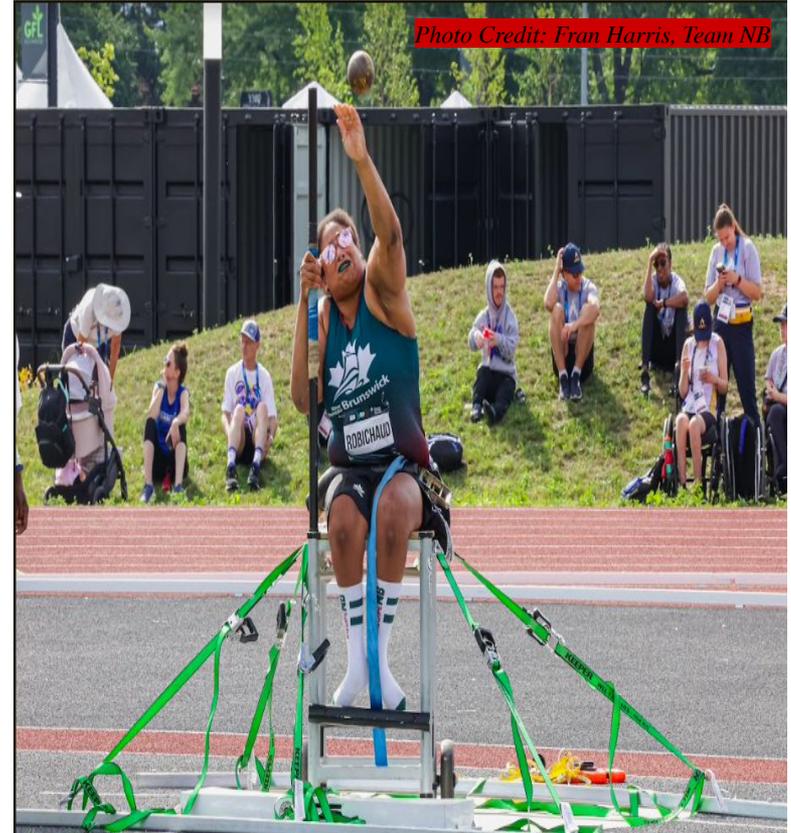
# Throwing Frame Description

	<b>Description</b>
<b>Chair Dimensions</b>	<ul style="list-style-type: none"><li>• Max height (with cushion) = 75cm</li><li>• Minimum side lengths = 30cm long</li><li>• Seat of chair must be square or rectangular; it can be level or inclined backwards (ie. the front of the chair can be higher than the back chair, but not the other way around)</li><li>• Footplates can be used as long as they are used for stability or support</li></ul>
<b>Backrest</b>	<ul style="list-style-type: none"><li>• Can have side, front or back rest for stability and safety</li><li>• Has to be rigid part of chair frame or made of non-elastic fabric</li><li>• If backrest has cushioning, cannot be more than 5cm thick</li><li>• Backrest cannot block the view of the official in judging a “lifting” fault</li></ul>
<b>Pole</b>	<ul style="list-style-type: none"><li>• Must be rigid, one piece, vertical bar that’s circular or square in nature (not oval or rectangular)</li><li>• Can have layers of tape (or something similar) to assist with grip</li><li>• Pole cannot flex to the naked eye during an attempt; spirit of this rule is to prevent an unfair advantage by helping propel the body forward while the athlete pulls on the bar</li><li>• Rules state that most materials will flex/distort to some degree; a fault will be called if it’s clearly flexing and is going against the spirit of the rule</li><li>• No part of the throwing frame (including the pole) can moved during the throwing action (except for incidental movement that can’t be reasonably eliminated)</li></ul>
<b>Strapping</b>	<ul style="list-style-type: none"><li>• All strapping used to secure the athlete to the throwing frame must be made of non-elastic fabric. Weight lifting belts and snowboard binding are most commonly use</li></ul>

# Strapping

When strapping an athlete into the throwing frame the straps will go across the athletes;

- *Knees* to ensure the back of the knees are touching the throwing frame.
- The *thighs* and the *hips* to ensure there is no “lifting” throughout the entirety of the throw.
- The *feet* should also be secured.



# Day Chairs

Athletes also have the option of using their day chairs to throw in, manual or electric wheelchairs, so long as it meets the same criteria as the throwing frames.

The day chair cannot infringe the officials ability to call a “lifting” violation.

If the athlete chooses to use a day chair they will be required to get onto a throwing platform.



# Implements

Each event throws what is called an implement.

An implements weight will be dependant on the athlete's;

- Age
- Sexe
- Class

Javelin



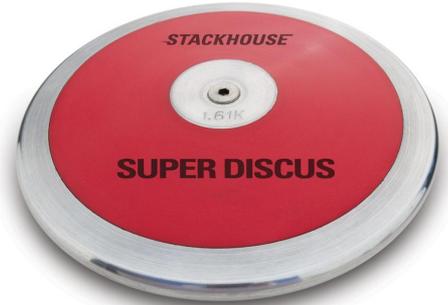
Shot Put



Club



Discus



# Classes F11-F13

<b>Age Group</b>	<b>Classes</b>	<b>Discus Male</b>	<b>Discus Female</b>	<b>Javelin Male</b>	<b>Javelin Female</b>	<b>Shot Put Male</b>	<b>Shot Put Female</b>
Open	F11-13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F11-13	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg

# Classes F20

<b>Age Group</b>	<b>Classes</b>	<b>Discus Male</b>	<b>Discus Female</b>	<b>Javelin Male</b>	<b>Javelin Female</b>	<b>Shot Put Male</b>	<b>Shot Put Female</b>
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F20	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg

# Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
<b>Open And U/20</b>	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
<b>U/17</b>	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	4.00kg	2.00kg	NE
	F38	1.00kg	750gr	600gr	500gr	4.00kg	2.00kg	NE

# Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
<b>Open and U/20</b>	F40,F41	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg
	F42	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F43,F44	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F45,F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
<b>U/17</b>	F40,F41	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg
	F42,	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F43, F44	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F45,F46	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg

# Classes F51-57

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
<b>Open and U/20</b>	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
<b>U/17</b>	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F55	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F56	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	500gr	3.00kg	2.00kg	NE

# Classes F61-64

<b>Age Group</b>	<b>Classes</b>	<b>Discus Male</b>	<b>Discus Female</b>	<b>Javelin Male</b>	<b>Javelin Female</b>	<b>Shot Put Male</b>	<b>Shot Put Female</b>
<b>Open and U/20</b>	F61,F63	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F62,F64	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
<b>U/17</b>	F61,F63	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F62, F64	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg

# Rules

Each event has its own unique rules in order for the event to be fair for all participants.

The following section will briefly go-over the basic rules of each event. If you would like to go into more detail please feel free to read the *World Para Athletics Rules and Regulations (2022)*.



# Racing

W  
h  
e  
e  
l  
c  
h  
a  
i  
r  
  
R  
a  
c  
i  
n  
g

## 800m

The athlete must remain in their lanes until the bottom of their back wheels cross the breaking line.

The break in line will be identified by flags on either end of the break line, they are 1.5 m in height.

## Finish

The race time is determined once the middle of the front axle crosses the finish line.

## Overtaking

When an athlete is coming from behind they are responsible to ensure there is suitable space between them and the other athlete prior to cutting in.

The athlete that is being overtaken cannot interfere once the passing athlete's front wheel is in sight.

## Visual Impairments

### Lanes

T11 and T12 athletes will be allotted 2 lanes. The start lines in a staggered start will be lanes 1,3,5 or 7.

### Finish

The athlete must cross the finish line before their guide does.

# Jumps

## High Jump

Athlete must take off from one foot.

The bar must remain on the support throughout the attempt until the athlete exits the landing zone.

Athlete receives three attempts at every height to try to get a mark. Measurement will be recorded when athlete is successful.

Athlete will have 1 minute to complete the jump.

The athletes have a staggered start, depending on when they choose to start and jump until there is only one successful athlete left in the competition.

## Long Jump

Athlete cannot surpass the take-off board when jumping.

Must remain between the runway lines throughout the entirety of their run-up/jump.

Athletes cannot touch the the outside of the landing zone. If the athlete touches the border of the landing zone their jump will not count.

When leaving the landing zone the athlete must step out further than the first point of contact in the landing zone.

Measurement will be taken at the the first point of contact in the landing zone.

Athlete will have 1 minute to complete the jump.

The athletes will take turns jumping the allotted number of jumps.

## Triple Jump

The event must consist of a hop, a step and a jump in that order.

All other rules are the same as the rules for long jump.

*Violation of these rules will result in a 'fault', the throw will not count.*

# Shot Put

## Seated Throws

All athletes must be seated in a manner that the back of their knees to the back of their buttock is touching the seat.

Athletes with a lower limb amputation must ensure the residual length of the leg(s) is touching the seat.

The sitting position must be maintained throughout the throw. If it is not the official will call *'lifting'* which means the athletes throw does not count.

The athletes will throw the allotted number of throws consecutively.

## General

The shot should be put from the shoulder with one hand only.

*\*A shot put is not thrown, it is put.*

The shot should be touching the athletes neck or chin, the shot can not drop below this position throughout the put.

The shot can not be taken behind the line of the shoulders.

The shot must land between the indicated sectors in the field. If the implement lands on the sector lines the throw does not count.

The measurement is taken from the first point of contact in the field.

Each athlete has 1 minute to complete their throw.

## Ambulatory Throws

The athlete can enter the circle any way they would like, however they must exit out of the back of the circle once the throw is completed.

The athlete must stay in the circle in a controlled manner until the shot touches the ground.

The athlete cannot touch the outside of the circle at any point throughout their throw.

The athlete can touch the inside of the toe plate but cannot step foot on the top of the toe plate.

The athletes will take turns throwing the allotted number of throws.

*Violation of these rules will result in a 'fault', the throw will not count.*

# Discus

## Seated Throws

All athletes must be seated in a manner that the back of their knees to the back of their buttock is touching the seat.

Athletes with a lower limb amputation must ensure the residual length of the leg(s) is touching the seat.

The sitting position must be maintained throughout the throw. If it is not the official will call *'lifting'* which means the athletes throw does not count.

The athletes will throw the allotted number of throws consecutively.

## General

Discus throws should be made from inside of a 'U' shaped cage to ensure the safety of participants, officials and bystanders.

The discus is to be thrown with one hand.

The discus must land between the indicated sectors in the field. If the implement lands on the sector lines the throw does not count.

If the discus hits the cage and falls outside of the sector lines it is considered a fault. If it falls within the sector lines, the throw counts.

The measurement is taken from the first point of contact in the field.

Each athlete has 1 minute to complete their throw.

## Ambulatory Throws

The athlete can enter the circle any way they would like, however they must exit out of the back of the circle once the throw is completed.

The athlete must stay in the circle in a controlled manner until the discus touches the ground.

The athlete cannot touch the outside of the circle at any point throughout their throw.

The athletes will take turns throwing the allotted number of throws.

*Violation of these rules will result in a 'fault', the throw will not count.*

# Javelin

## Seated Throws

All athletes must be seated in a manner that the back of their knees to the back of their buttock is touching the seat.

Athletes with a lower limb amputation must ensure the residual length of the leg(s) is touching the seat.

The sitting position must be maintained throughout the throw. If it is not the official will call *'lifting'* which means the athletes throw does not count.

The athletes will throw the allotted number of throws consecutively.

## General

The javelin is to be gripped by the cord grip.

The Javelin is to be thrown with one hand over the athletes shoulder.

The Javelin must land between the indicated sectors in the field. If the implement lands on the sector lines the throw does not count.

The nose of the javelin must make contact with the ground first, however it does not need to stick into the ground.

The measurement is taken from the first point of contact in the field.

Each athlete has 1 minute to complete their throw.

## Ambulatory Throws

The athletes must stay between the white lines on the runway throughout their throw.

Athletes cannot touch or surpass the white line at the end of the runway when throwing.

Athletes must wait to exit the runway until the javelin has touched the ground.

The athletes will take turns throwing the allotted number of throws.

*Violation of these rules will result in a 'fault', the throw will not count.*

# Club Throw

*\*The club throw is an event that is unique to para-athletics and can only be done from a seated position. The only classes eligible are F31, F32 and F51 athletes.*

The athletes must throw the club by its head.

The club must be thrown with one hand but can be thrown with the athlete facing forward, sideways or backwards.

The club must land between the indicated sectors in the field. If the implement lands on the sector lines the throw does not count.

The measurement is taken from the first point of contact in the field.

All athletes must be seated in a manner that the back of their knees to the back of their buttock is touching the seat.

The sitting position must be maintained throughout the throw. If it is not the official will call *'lifting'* which means the athletes throw does not count.

The athletes will throw the allotted number of throws consecutively.

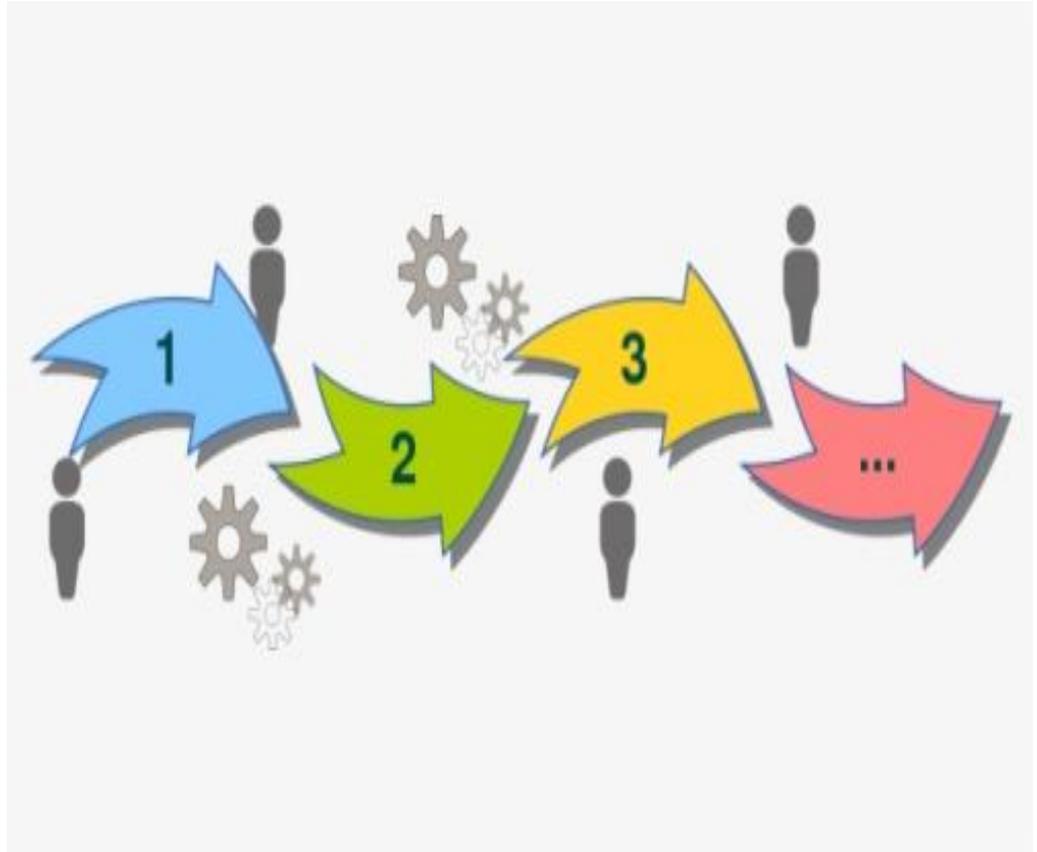
Each athlete has 1 minute to complete their throw.

*Violation of these rules will result in a 'fault', the throw will not count.*

# Technique

In the next section we will look at the basics of the technique for each event.

The technique for para jumps and ambulatory running is the same as able bodied athletes, adaptations required will be athlete specific.



# Seated Throws - Shot Put

When the athlete is holding the shot put, it should be resting at the base of the fingers at the crook of their necks. When holding the shot put it is important to note that the thumb and the pinky fingers should just be used as support, they should not be gripping the shot.

**There are two ways for an athlete to sit in the throwing frame;**

- *Straddle position* ([https://www.youtube.com/watch?v=ih7uvZwiwFo&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM\\_bz5pd&index=4](https://www.youtube.com/watch?v=ih7uvZwiwFo&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM_bz5pd&index=4))
  - That athlete puts their legs around the holding bar.
- *Front facing position*  
([https://www.youtube.com/watch?v=HglTn3imWho&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM\\_bz5pd&index=3](https://www.youtube.com/watch?v=HglTn3imWho&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM_bz5pd&index=3))
  - The athlete's facing the field.

If the athlete chooses to use a holding bar you must ensure that the athletes blocking arm is at the same angle as their throwing arm.

**3 different techniques;**

- *Rotation*: Athlete can rotate their torso back (this technique is more commonly used athletes that choose to throw without a backrest or in the straddle position).
- *Linear position*: Athlete rocks back then come forward and releases.
- A *combination* of these two movements.
- Shot Put basics ( <https://www.youtube.com/watch?v=DhXIp7SqM6k>)

Important to have the athlete leading the movement with their chest, once chest is facing the field the athlete can then begin the extension of their arm to throw. When the release occurs the athlete should have their thumb facing down and then completing the movement with a flick of the wrist and follow through.

# Seated Throws - Javelin

## Set Up

- Athlete begins in tall upright position.
- Gripping the javelin with index and thumb at the end of the cord.
- When using the holding bar you must ensure that the athletes blocking arm is at the same angle as their throwing arm.

## Throw

- Athlete will lean back as far as they can without allowing the end of the javelin to touch the ground.
- Arm holding the javelin is extended completely behind the athlete.
- Athlete will pull on the pole to bring the torso back in the upright position.
- Elbow leads javelin.
- Javelin should be thrown at an angle.
- Ensure the athlete is finishing the movement with a follow through.

Example from the World Para Athletics Championship: <https://www.youtube.com/watch?v=y8w9Ly285tI>

# Seated Throws - Discus

The discus should be held by the fingertips with the discus flat against athletes palm. The athletes had should be flat with their palm facing down for the entirety of the throw.

## Use of a Pole

- Athlete will start movement with a circular rotation of the torso;
  - When using a pole this rotation will be limited.
- Ensure that the athletes blocking arm is at the same angle as their throwing arm.
- Athlete will lean back until the blocking arm only has a slight bend to it, with the throwing arm fully extended slightly behind the torso.
- Blocking arm will pull body back into an upright position with the throwing arm trailing slightly behind until the athlete's chest is facing the field. The athlete will then allow the throwing arm to continue and release the discus.
- Ensure that there is a complete follow through after the release.

## No pole

- Athlete will start a circular rotation forward around their torso as far as they can.
- Athlete will then rotate as far back as they can with their throwing arm extended slightly past the torso.
- When the athlete is ready to throw they will rotate towards the field allowing their chest to be completely open facing forward while their throwing arm swings around to releases, the arm should stay slightly behind the chest until the athlete stops the rotation of their torso.
- Ensure that there is a complete follow through after the release.

Example from the World Para Athletics Championship: <https://www.youtube.com/watch?v=qeEL4H-44i8>

# Seated Throws - Club Throw

## Set Up

- To ensure a strong body position throughout the throw the athlete should start off by sitting as tall as possible.
- The athlete can either grasp the club with the palm of their hand or hold the club between their fingers, this is dependant on the athlete and their abilities.

## Swing

- The athlete will swing the club slowly. If the club is swung too quickly, the athlete risks having the weight at the end of the club swing it upwards and /or releasing the club too early.
- Athletes arm should stay as straight as possible throughout the motion

## Release-

- There are **two methods** that can be used when releasing the club;
  - Athlete can choose to release it at the *highest* point of the swing.
  - Athlete can choose to release it at the *fastest* point of the swing.
- Ensure the athlete is finishing the movement with a follow through.

Example from the World Para Athletics Championship: <https://www.youtube.com/watch?v=1Dh7RSX8jG0>

# Wheelchair Racing

## Hand position

- The athlete should have the rubber part of their glove touching the surface of the push rim, this will cause friction which will make it easier for the athlete to push the racing chair. Important to note that the athlete should not be wrapping their hands around the push rim but resting their hands on it.

## Beginning position

- The athletes hands should be level with the front of the seat/cage and start the push from that position. If the athlete starts the push too high they run the risk of their front wheel coming off the track.

## Flicking motion

- The athlete should be driving their hands down and following the push rim around. Once the athletes arms are fully extended, the athlete will wrap their arms back around to the beginning position.

## Body position

- Throughout the entirety of the race the athletes torso should be bent at the hip so that their body weight is forward and down.

Informational video on basic push strokes:

[https://www.youtube.com/watch?v=s-biBA1u4nw&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM\\_bz5pd&index=11](https://www.youtube.com/watch?v=s-biBA1u4nw&list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM_bz5pd&index=11)

# Drills

Most drills that are done with your able bodied athletes can be adapted for for your para athletes!

In the following section we have outlined a handful of beginner level drills that can be done by all athletes.



# T- Throw

Athletes line up facing the wall.

You can tape a square or a line on to the wall at the height you want the athletes to throw at, they can either aim for the center of the square or above the line.

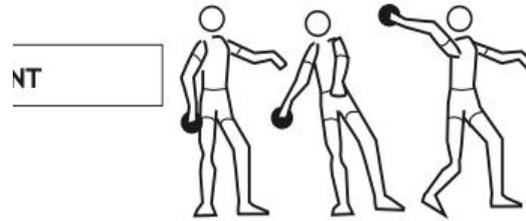
Athlete can throw bean bag or soft ball.

Have athletes back up every 2 throws.

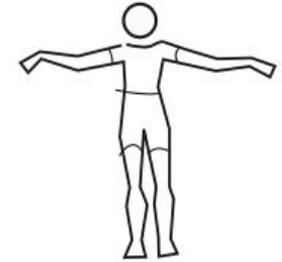
Athletes can take turns throwing.

This drill is meant to mimic the javelin form.

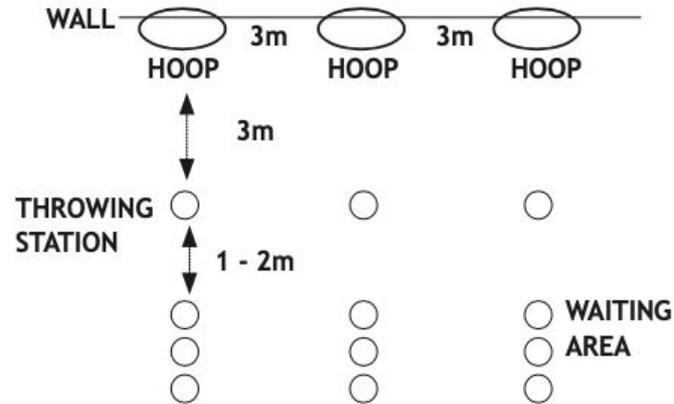
Repeat 6x.



T BODY POSITION



## SKILL DRILL



# Bean Bag Darts

Place lines or sport cones on the floor.

Have your athletes take turns throwing a bean bag like a shot put to try and get as many points as possible.

Have athletes back up every 2 throws.

Athletes can take turns throwing.

Repeat 6x.



# Over -Unders

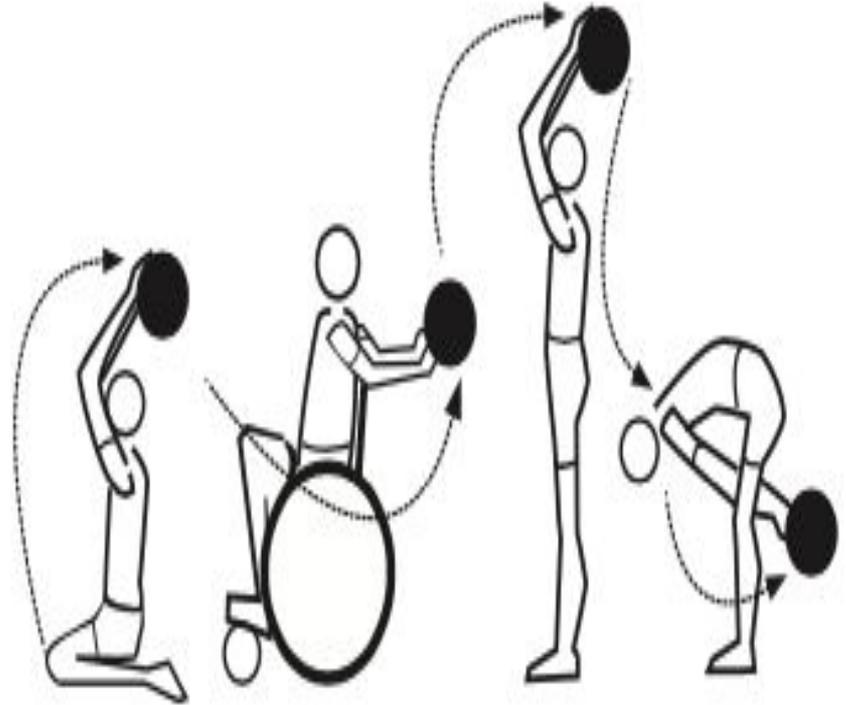
This is a great drill to incorporate in your towers warm up.

Have the athletes line up in a line one behind the other.

The athletes pass the med ball anyway they can; over their head, from the side, under their legs, etc. Have the athletes vary the way they pass the med ball.

Choose a med ball that's weight is appropriate for the athletes.

Repeat 4x.



# Spider/Crab Walk

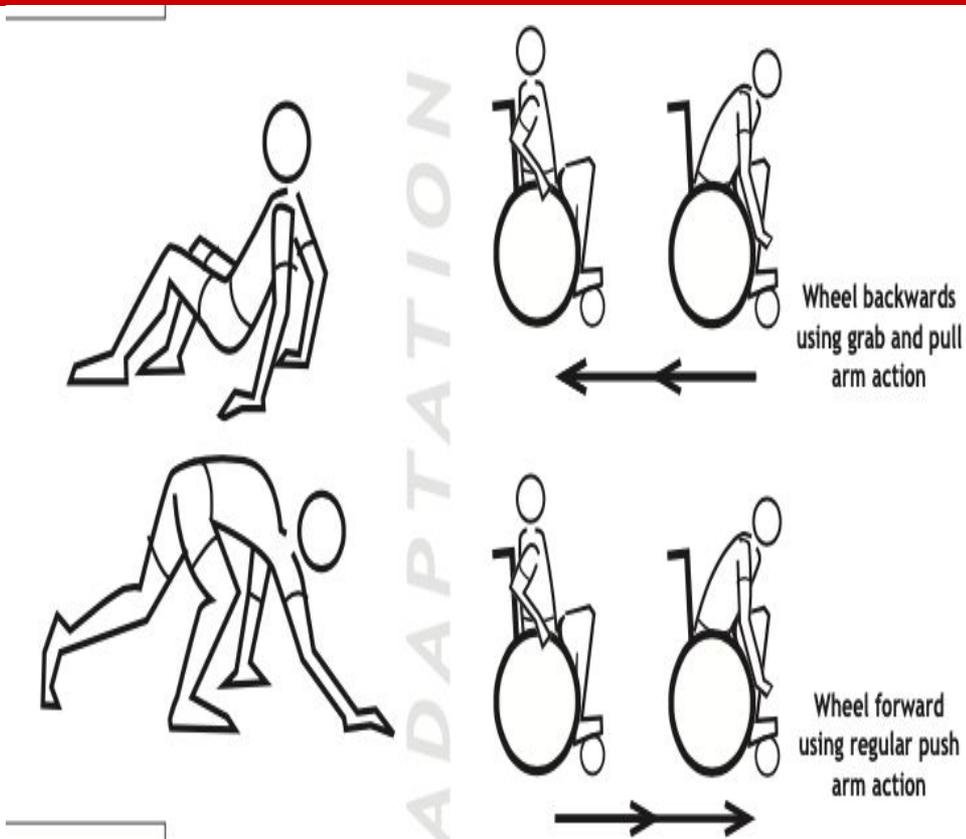
This is a great drill to incorporate in your athletes warm up.

Athletes crawl on all fours forward or wheel forward.

Once they reach the designated end line the athletes crawl backwards back to the start line or wheel backwards.

The set distance is dependant on the athletes capabilities.

Repeat 3x.



# Human Hurdles

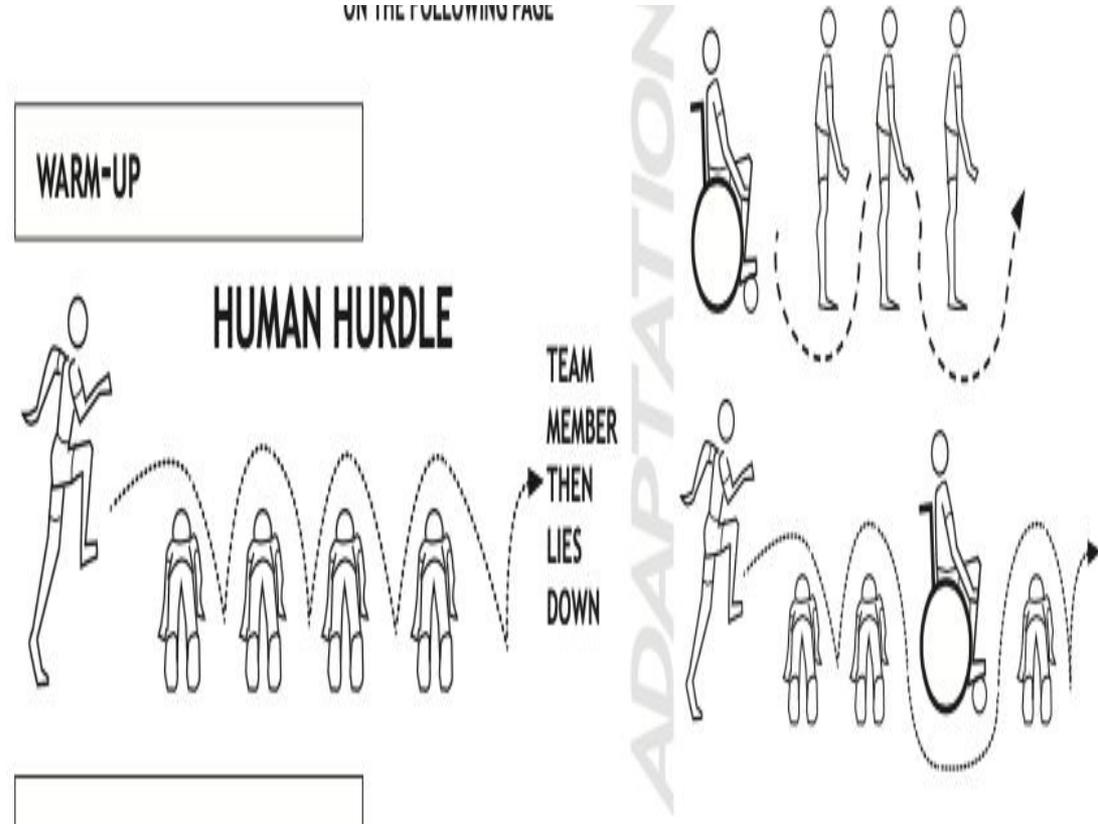
This is a great drill to incorporate in your athletes warm up.

Have your athletes line up one behind the other.

Have ambulatory athletes lay down on the floor.

Athletes can either jump over one another or wheel around them. Once they've gotten over/around all the other athletes they join the line for the next athlete to get over/around them.

Repeat until until the 50m line. Repeat



# Castle Building Relay

The Athletes can play individually or in a team.

Set up sport cones 10m away from the start line.

Give the athletes 5 sport cones and have the athletes run/wheel to the set up cones and drop one of their cones on top of the other.

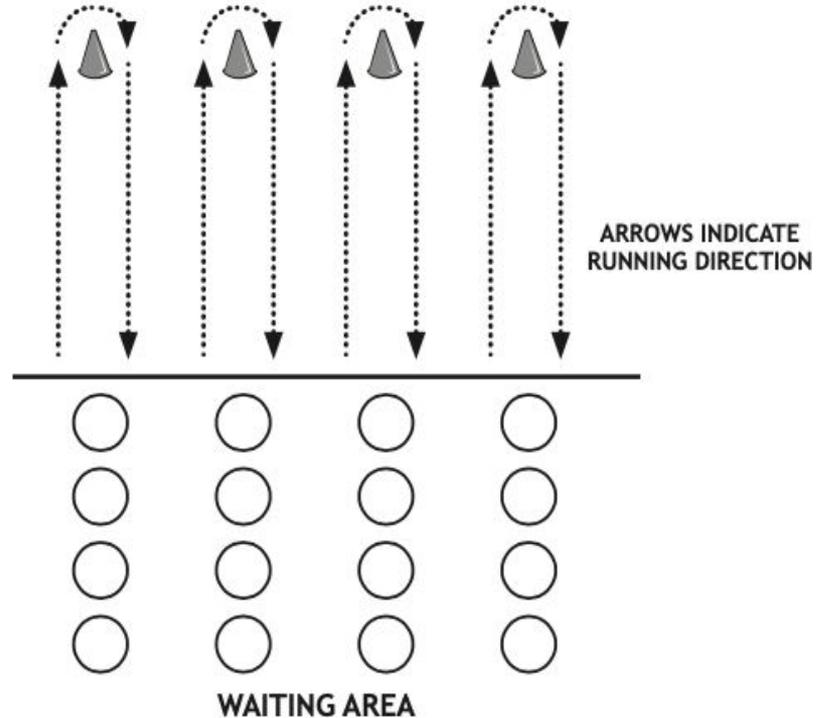
Have athlete go around the cones and back to the start line.

If they are playing individually have them go back around with the next cone. If they are playing in a team, once the athlete crosses the start line the next athlete can go.

Repeat until all cones have been stacked, first athlete/team to have their cones stacked and have the athlete cross the start line again wins!

Repeat 2x.

TURN AROUND POINTS / SITE OF CASTLE BUILD

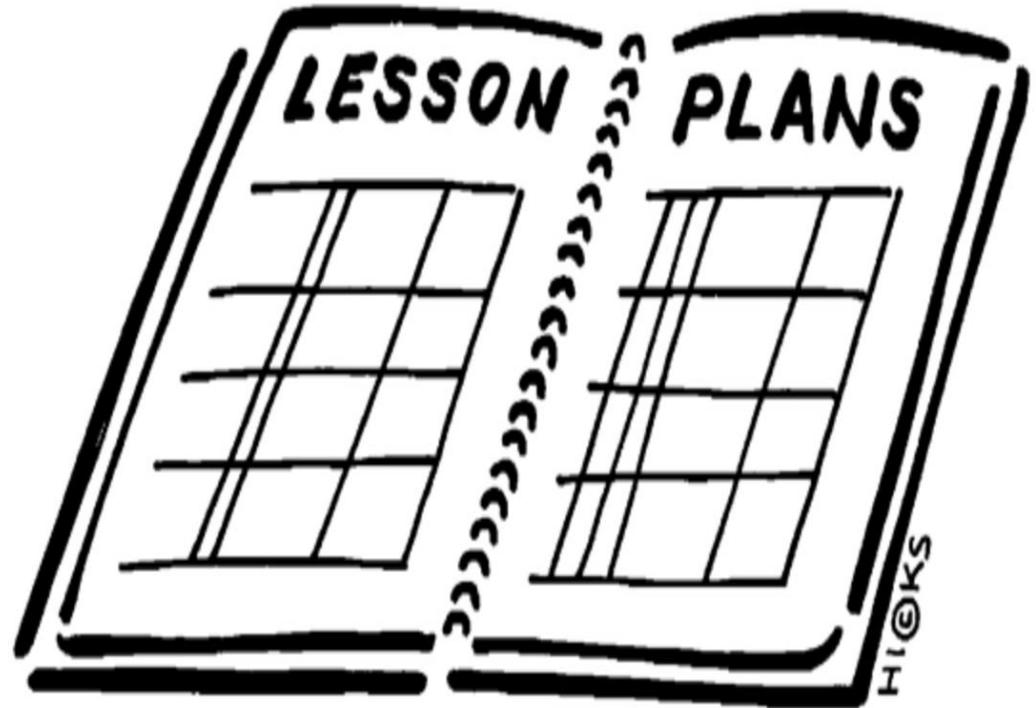


# Lesson Plans

This section will have one completed lesson plans that last 90 minutes using the drills and techniques provided in this manual.

The lesson plan provided focuses on throwing but the format can be used for all other events.

Most lesson plans that are done with the able bodied athletes can be easily adapted to suit your para athletes!



# Lesson Plan - Throws

Phase	Duration	Drills/Skills/Activity	Description
Warm Up	15 minutes	-2 laps of the track <b>OR</b> 4 lengths of 100m. <b>(5 minutes)</b> -Dynamic stretching <b>(10 minutes)</b>	-The laps don't need to be very fast, at the athletes own pace. - The whole body should be stretched but the main focus would be the arms and shoulders. - Ensure athletes drink water during/after warm up.
Main Section	60 minutes	-Over-Under Drill (found in drill section) <b>5 minutes.</b>	-Weight of med ball is dependant on your athletes! Don't want it to be heavy as this is to be used as a warm up, not to tire your athlete's arms/shoulders.
		- Bean Bag Toss (found in drill section) <b>15 minutes.</b>	- The athlete's should be mimicking the shot put technique.
		-Water Break <b>(5 minutes)</b>	

# Lesson Plan - Throws

Phase	Duration	Drills/Skills/Activity	Description
Main Section	60 minutes	<p>-Underhand Throws X4 <b>(5 minutes)</b></p>	<p>-Athlete will hold the appropriate sized shot put (or heavier if the athlete can handle it) at chest level, have the athlete lean straight back, bring themselves forward and push the shot put as high as the can. - Let athlete rest 30 seconds between each throw.</p>
		<p>- Water Break <b>(5 minutes)</b></p>	
		<p>-Throws <b>(25 minutes)</b></p>	<p>-Using proper technique (as outlined in 'Technique' section. Athlete should be maxed out at 12 throws. Ensure at least one minute between each throw. Allow athletes to have water breaks as needed.</p>

# Lesson Plan - Throws

<b>Phase</b>	<b>Duration</b>	<b>Drills/Skills/Activity</b>	<b>Description</b>
Cool Down	5 minutes	-1 lap of the track OR 2 lengths of 100m ( <b>2minutes</b> ) -Static Stretches ( <b>3minutes</b> )	-The laps should be done slowly and the static stretching is up to the athletes discretion, i.e. whatever they believed needs to be stretches in order to have the best recovery.
Wrap up	5 minutes	-Remind athletes what they worked on during practice. -Tell the athletes what to expect for next practice + remind them of when the next practice is. -Tell them what drills they could work on at home.	- Have athletes seated in front of you.

# Ressources

- Becoming para ready : resource guide for para athletics inclusion and integration in canada. Athletics Canada. Version 1. Sept. 21
- <https://paralympic.ca/paralympic-sports/para-athletics>
- [https://www.paralympic.org/sites/default/files/2022-09/World%20Para%20Athletics%20Rules%20and%20Regulations%20June%202022%20\(1\).pdf](https://www.paralympic.org/sites/default/files/2022-09/World%20Para%20Athletics%20Rules%20and%20Regulations%20June%202022%20(1).pdf)
- <https://paralympic.ca/classification>
- <http://bcwheelchairsports.com/sites/default/files/images/Para%20Throws%20Coaching%20Manual%20Complete%20Version.pdf>
- <https://athleticsontario.ca/wp-content/uploads/2018/11/Para-Throws-Coaching-Manual-Athletics-Ontario-Version.pdf>
- <https://www.topendsports.com/sport/list/throw-club.htm>
- [https://www.youtube.com/playlist?list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM\\_bz5pd](https://www.youtube.com/playlist?list=PLIcNFnEvNCtdG7xVv6GcN1sPlsM_bz5pd)
- <https://www.youtube.com/watch?v=Hw-1WalvhtQ&list=PL30642899A6FB5106>
- Run, Jump, Throw, Wheel. Teachers Manual with Adaptation. (2015)