

Event Rules – Wheelchair Shot Put



These event Shall follow all state high school association rules with the following FHSAA/AAASP modifications

General Rules:

- All competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair). Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm (29.5inches).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.

Two (2) classifications for boys and girls.

The classifications will be Class 1 and Class 2.

Class 1: will be for athletes with any disability of the lower extremities (such as spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries), for example: severe, permanent injuries in the knee, ankle, and hips.

Class 2: will be for athletes with disability that affect lower and upper extremities (such as cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury.)

Class 2: athletes are eligible to compete in Class 1. However, if they choose to compete in Class 1, they cannot compete in Class 2.

Shot Put Weights:

Boy’s class 1 will use an 8.81 lb./4.0 kg. shot.

Boy’s class 2 will use a 6 lb. shot.

Girl’s class 1 and 2 will put a 6 lb. shot.

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ADDITIONAL INFORMATION:

ELIGIBILITY RULES IN BRIEF*

All high school students with a permanent, physical disability may be eligible to participate on their school’s track and field team.

Each athlete’s physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.

Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school’s track and field team and shall have the opportunity to compete at the school’s regular season meets (regardless of the number of adapted competitors).

The athletes must compete in their school’s team uniform.

Students must compete in a minimum of four (4) meets to qualify for the State Finals. * check the website for more information.

FHSAA FINALS QUALIFYING.

The top 16 times/distances submitted prior to State Finals in each event by classification and gender will advance to compete at the FHSAA State Finals.

RESULT SUBMISSION

All regular season results (times and distances) should be submitted to: adaptedtrackresults@fhsaa.org.

Results must be submitted within 48hrs of the conclusion of the meet. Results are subject to verification by the meet referee.

All results will be posted and made public on FHSAA Adapted Sports Results website.

