



## **Field Rules**

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games. The Valor Games are not a qualifying event for USA Nationals or other Paralympic sanctioned events.

### **Men's Shot Put**

- Standing - 5 kg
- Standing with vision loss – 5 kg
- Sitting - 4 kg

### **Men's Discus**

- Standing - 1.5 kg
- Standing with vision loss – 1.5 kg
- Sitting - 1 kg

### **Women's Shot Put**

- Standing - 2 kg
- Standing with vision loss – 2 kg
- Sitting - 2 kg

### **Women's Discus**

- Standing – 1 kg
- Standing with vision loss – 1 kg
- Sitting - 1 kg

### **General Throwing Rules:**

- Distance is measured in meters.
- A throw is considered a failure if an athlete in the course of a trial:
  - Improperly releases the implement. after he or she has stepped into the circle and begun to make a throw
  - Touches with any part of his or her body the top of the rim or the ground outside the circle touches any part of his or her body with the top of the stop board
  - When leaving the circle, he or she must step out of the back half of the ring after the implement has landed.



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- All valid throws must land inside the sector lines.

### **Putting the Shot**

- Putting the Shot from start to finish, the movement shall be a straight, continuous putting action.
- The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- The shot shall not be taken behind the line of the shoulders.
- Distance is measured in meters.

### **Throwing the discus**

- The discus will be thrown in a horizontal motion from start to finish.
- The discus shall not be tossed like a Frisbee
- Prosthesis Valor Games rules state that leg amputees who compete in the seated field events may not use their prosthetic devices as an aid in throwing. Participants in this category must compete with their feet off the ground and secured to the throwing chair.
- Distance is measured in meters.

### **Time Limits - Seated Throwers**

- A competitor will be given a time of one minute between each throw.
- The one minute time will begin when the implement is handed to the competitor.

### **Time Limits - Standing Throwers**

- A competitor will be given a time of one minute between each throw.
- The one minute time will begin when the competitors name is called.

### **Throwing Chairs - Throwing Frame Specifications:**

- The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm
- Footplates if used are for support and stability only and to be placed on the ground and to secure the contact foot are allowed, but should not provide height advantage.
- The height of these footplates must not exceed 1 cm
- Side and back rests for safety and stability may be attached to the seat and they must be nonflexible and non-movable



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- The frame may have a holding bar. The holding bar material may be of metal, fiberglass or a similar material and must be a single straight piece of material without curves or bends and should not contain springs, joints or articulation.
- The cross-sectional profile should be circular or square not oval or rectangular. The point where the holding bar is fixed (joined) to the chair must contain no levers or hinges that could assist with propulsion of the implement; No part of the frame including any holding bar shall be moveable during the throwing action;
- A day chair that satisfies these criteria is acceptable.
- Seated throwing chairs are staked down using stakes and ratcheted tie-downs.
- If a holding device should break or fail during the execution of a throw then the overseeing official should: If the athlete does not foul, offer the athlete the option of retaking that trial (i.e., if the athlete is happy with the distance and they haven't fouled then the athlete has the option counting the affected trial), or; If the athlete fouls then the trial should not be counted and the athlete should be allowed to retake the affected trial.