



Para-Athletics throwing event 2023

Due to High Beanbag not been fully accessible at Linford Christie Stadium, in it's place we are offering a:

Beanbag Throwing Triathlon. This will consist of:

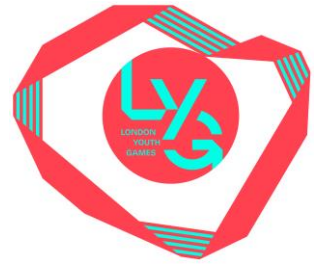
- i) precision beanbag
- ii) rainbow throw
- iii) wall throw

PRECISION BEANBAG

Rules

- Athletes will throw from the throwing circle which will be x 1 metre from the first row of target numbers.
- Athletes will have 3 beanbag throws each.
- Points will be awarded according to which number the beanbag lands on.
- The 3 throw scores will be added up to give a total score.

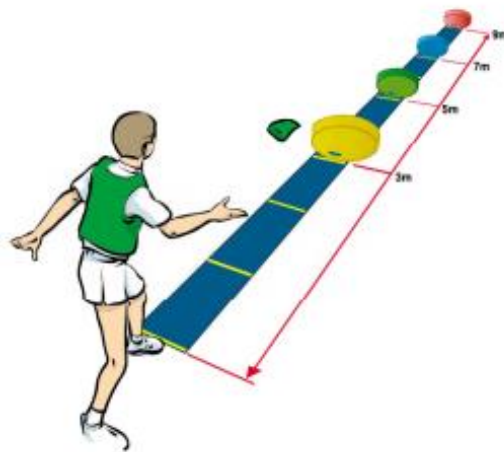


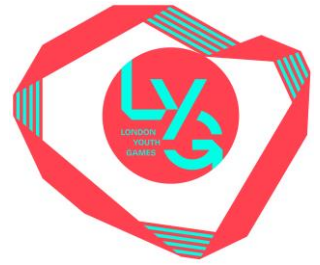


RAINBOW THROW

Rules

- The targets will be placed at 3m, 5m, 7m and 9m from the throwing line.
- The athlete stands behind the throwing line and throw three matching bean bags into the nearest target.
- They continue this for each of the 4 targets.
- 2 points are scored if the bean bag lands directly in the same coloured target or if the bean bags lands in the target but then bounces out.
- 1 point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partially in the target.
- No points are scored if a bean bag lands in a different coloured target.
- The maximum points an athlete can score is 24 (6 points per target).
- An athlete can throw the bean bags underarm or overarm.





WALL THROW

Rules

- The athlete stands behind the throwing line approx. 1 metre from the wall and throws six bean bags/koosh balls.
- They aim to hit the numbers on the wall.
- The numbers are A4 size and contrary to the diagram highest numbers will be at the top of the wall
- Points are scored if the throwing implement touches a number on the wall. These will be added up to produce a final score.
- Athletes can throw in any way, eg. Underarm, overarm, backwards, sideways.

