Throwing Frame
Pre-Competition Check
Notification Sheet

Description of Throwing Frame	Number:	
	Event:	
	Additional Events:	

Frame is *(Mark as applicable):*	Compliant	Non-Compliant

Rule No.	Rule Description	Reason for **non-compliance** (Tick all applicable reasons)	Additional Comments:
35.1 a)	Max. height of seat surface, including any cushioning, shall not exceed 75cm.		
35.1 b)	Seat must be square of rectangular		Cut outs permitted to accommodate vertical bar
	Seat size must be at least 30cm		
	Seat surface must be either level or with front higher than back		The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area
35.1 c)	Sides, front or back rests must be made of non-elastic material		
35.1 d)	The back rest may not contain springs or moveable joints or any other features that could assist with propulsion of the implement		Additional attachments securing the vertical bar to the frame are permitted
35.1 e)	Any vertical bar must be a single straight piece, without joints, curves or bends		Changes of diameter, by reduction or addition through the application of tape, etc. is permitted
	The vertical bar must have either a circular or square cross-section		
	The vertical bar must not incorporate springs or moveable joints		
35.1 f)	No part of the throwing frame, including the vertical bar, shall move (save for incidental movement that can-not be reasonably be eliminated) during the throwing action.		

ITO Name

ITO Signature

Date

Time :