

OFSAA Guide for Para Shot Put (V2026)

Disability category: Please check the box below that best describes your Para athlete.

Description of Athlete	Please check the description that best applies to your athlete ✓	General Division for OFSAA Competition
Female Athlete = 3kg shot put Male Athlete = 4kg shot put		
Seated Throw		1 Event
Athletes with spinal cord injuries who use a daily wheelchair AND can self-propel the chair		Seated Throw Division
Athletes with lower limb amputations/deficiencies. (Please note: some athletes with amputees will sit to throw and are registered here. Others will compete from a standing position and should be registered for the standing competition).		
Athletes with CP or similar neuromuscular conditions that affect the upper or lower limbs.		
Standing Throw		3 Events
Athletes with loss or limited use of upper or lower limbs.		Ambulatory Division
Athletes with CP or neuromuscular conditions that affect overall strength.		
Athletes with dwarfism		
Visually Impaired athletes		V.I. Division
Intellectually/ Cognitively Impaired athletes		I.I. Division