

# Event Information: DISCUS

## EVENT SAFETY:

- Discus circles should be enclosed with a cage, and an extending fence to protect other areas on which events may be conducted should also be considered.
- The Chief Official should stand outside the cage alongside the ring in a safe position on the right hand side of a right handed thrower and vice-versa.
- Apart from the Chief Official and the Official on the sector line and/or spiking, everyone should stand behind the athlete, and at least 1m away from the safety cage and the landing sector should be clear. Where there isn't a cage, officials and athletes must stand at least 2m behind the thrower except the Chief Official and the Official on the sector line and/or spiking and the landing sector should be clear.
- The discus should be CARRIED back to the circle - never thrown.

## OFFICIALS REQUIRED:

- **Two officials at throwing circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One official at side of Sector.** Tasks include locating and marking the point of impact of the discus and returning the discus to the circle.
- **One official for recording.**

## IMPLEMENT WEIGHTS:

U6 – u8	350g
U9 – U10	500g
U11G – U13G & U11B – U12B	750g
U14G – U16G & U13B – U16B	1kg

## GENERAL RULES:

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the discus has landed.
- The athlete must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the circle.
- For a valid trial the discus must fall so that the point of impact is within the inner edge of the lines marking the sectors.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- The athlete may during the course of each trial, stop and place the discus down in the circle and then recommence the trial again, providing that no other infringement has occurred.
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.

## MEASURING:

- Officials select the imprint mark made by the discus on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.
- If the discus hits the cage and deflects back into the sector it shall be a valid trial and measured providing no other infringement occurs.

## RECORDING:

<b>Athlete</b>	<b>1<sup>st</sup> Trial</b>	<b>2<sup>nd</sup> Trial</b>	<b>3<sup>rd</sup> Trial</b>	<b>Best</b>
A	10.76	X	9.62	10.76
B	11.35	10.92	11.88	11.88
C	X	X	X	NT