

Discus Officiating Rules

The use of a protective cage is required for the discus.

To make a throw, the competitor starts in a circle of 2.5 metres diameter, which is recessed in a concrete pad by a 20 mm metal ring.

The thrower typically takes an initial stance facing away from the direction of the throw. He then spins counter-clockwise (for right-handers) around one and a half times through the circle to build momentum, then releases his discus. Some less experienced throwers may only do a half rotation before releasing the discus.

The discus must land within the marked lines of a 34.92-degree sector and then measured with distances **rounded down** to the nearest centimetre.

The following rules are adhered to for a legal throw:

- Upon calling the athlete's name, they have **sixty seconds** to initiate the throwing motion.
- The athlete may NOT wear gloves but may use chalk on his hands, fingers
- The throw is made with a pulling action of the arm
- The athlete may touch the **inside surface** of the circle, but must not touch the top or outside of the circle, or the ground beyond the circle. Limbs may however extend over the lines of the circle in the air.
- The discus must land in the legal sector (34.92°) of the throwing area.
- The athlete must exit the rear half of the circle under control.
- Competitors shall not compete while using an illegal implement.

Foul throws occur when an athlete:

- Does not pause within the circle before beginning the throwing motion.
 - Fails to **initiate** a trial that is carried to completion within **1 minute** after being called for a trial, unless excused by the officials to participate in some other event.
 - During the throwing motion, touches, with any part of the body (including shoes):
 - the top of the iron ring
 - anywhere outside the circle.
 - Throws a discus which either falls outside the throwing sector or **touches a sector line on the initial impact.**
 - Leaves the circle before the discus has landed.
 - Does not exit from the rear half of the circle.
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- **Measurements**
- **Legal throws are measured from the nearest edge of the first mark made by the implement, to the point on the inside edge of the throwing circle**
- **Officials shall hold the tape such that the zero end is in the field and draw the measuring tape through the centre of the throwing circle and read off the measurement where the tape crosses the inside edge of the circumference of the circle. (metal ring)**
- **Measurements are recorded to the nearest lesser centimetre (rounded down)**
- **Measurement must be made with a non-stretchable tape.**

AT THE ZONE MEET: The first **three rounds of throws** is taken by each competitor in an **order determined randomly** at entry registration. The **top 8 throwers**, once established, throw(three more attempts) in order of increasing distance. The final rankings will result from all 6 attempts.

The competitor's best throw from the allocated number of throws, typically three to six, is recorded, and the competitor who legally throws the discus the farthest is declared the winner.

Tie-breaking

Ties are broken by determining which thrower has the longer second-best throw. Then if necessary, the third best and so on.

If any issues or problems arise, consult the Field Referee

Two pages follow :

1.THROWING EVENT OFFICIALS – Preliminary Meet

2.THROWING EVENT OFFICIALS – Zone Meet

THROWING EVENT OFFICIALS – Preliminary Meet
PLEASE READ CAREFULLY

Regulation throwing implements will be provided by the facility. No other javelins will be allowed. discuss and disci that have been weighed and approved will be allowed for competition.

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the convenor**. Contact the Convenor if there appears to be a problem with the entries.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a throw before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Record something for every athlete listed on the sheet and every round. Indicate a fault with a "F". Indicate a pass with a " - ". If the athlete did not show or left after signing in DNS beside their name.

Only three(3) throws are taken at the preliminary meet. The final ranking will be determined from the best attempt of the three.

Sixteen(16) athletes advance from Preliminary to Zone. In the case of ties make sure that you have not qualified more than sixteen(16) athletes. If the athletes are tied with their best throw you go to the second best throw and if necessary to the third best throw to break the tie. An athlete must have at least one successful attempt in order to advance.

Return your official sheets for computer entry and scoring as soon as possible after the completion of your event.

Thank you for your commitment and participation. AA

THROWING EVENT OFFICIALS – Zone Meet
PLEASE READ CAREFULLY AND INFORM THE ATHLETES

Regulation throwing implements will be provided by the NRHSAA. No other javelins will be allowed. Shots and disci that have been weighed and approved will be allowed for competition.

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the convenor**.
Contact the convenor if there appears to be a problem with the entries.

Please record something for every athlete listed on the sheet and every round. Indicate a fault with a “F”. Indicate a pass with a “ - ”
If the athlete did not show or left after signing in put DNS beside their name.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a throw before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Only three(3) throws are taken in the first round. Determine the top eight throws for the second round and announce placement to athletes. The second round goes in reverse order of distance.

Five (5) athletes advance from Zone to SOSSA. In the case of ties make sure that you have not qualified more than five athletes. If the athletes are tied with their best throw you must use the second best throw and if necessary the third best throw to break the tie.

Please return your event recording sheets for results processing as soon as possible after the completion of your event.

Thank you for your commitment and participation.