

Event offered to

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	B/G	B/G										
500g			B/G	B/G	B/G	B/G						
750g							B/G	B/G				
1kg									B/G	B/G	B/G	G
1.5kg												B

Event equipment

- ✓ Throwing circle within a cage/net
- ✓ Marked landing sector
- ✓ 50m–100m measuring tape
- ✓ Measuring spike
- ✓ Discus, at least two of each weight
- ✓ Recording form, pen and clipboard
- ✓ Cloth to wipe and clean the discus



Event safety

- Discus event area must be clear of obstructions and hazards.
- Athletes and Officials must stand well clear of the cage/net while the event is in progress.
- Only the athlete about to throw is permitted inside the cage/net.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- The discus must always be carried back to the throwing area — *never* thrown or rolled.

Where to assist

One person can do more than one role.

Chief Judge: to watch for foot fouls, measure valid throws and call the distance to the Recorder/Age Marshal.

Sector Judge: to determine if the trial is valid and assist to locate the point of impact of the discus.

Spiker: to locate and mark the point of impact of the discus.

Measuring Assistant: to pull the measuring tape through the centre of the throwing circle for the distance to be read.



Recorder/Age Marshal: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

Retriever: to return the discus to the throwing area.

Basic rules

- There is no specific rule as to how the discus may be released. A few styles maybe an under arm throw, bowling action over the head, double-handed throw or rotation.
- All trials must be made from within a cage/net.
- An athlete may enter the throwing circle from any direction but must leave from the back half of the throwing circle behind the centre extension line.
- An athlete must commence the trial from a stationary position within the throwing circle.

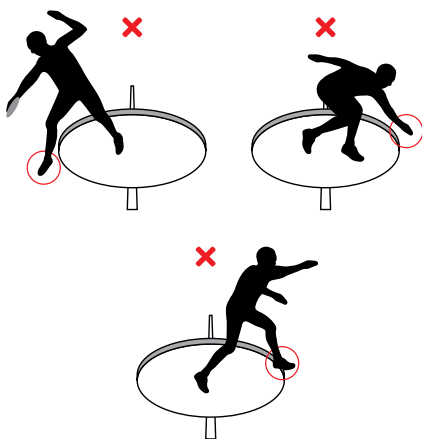
- It shall be a valid throw if:
 - an athlete touches the inside of the rim of the throwing circle during the trial.
 - the discus hits the cage/net, bounces off and lands within the sector lines.
 - the discus lands inside the sector lines then rolls or skids out of the sector after impact.
- The first point of impact of the discus must be entirely within the sector lines.
- The athlete must not leave the throwing circle until the discus has landed.
- The trial is complete when the athlete leaves the throwing circle.
- Breaching the basic rules constitutes a failure.

When is the trial (throw) a failure?

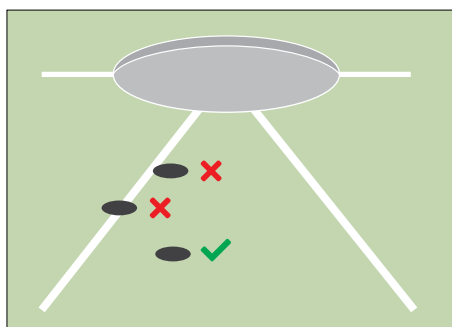
It shall be a failure if:

- an athlete touches with any part of their body, the top of the circle rim or the ground outside the throwing circle during the trial.

Note: If an athlete uses a rotational technique, different rules apply.

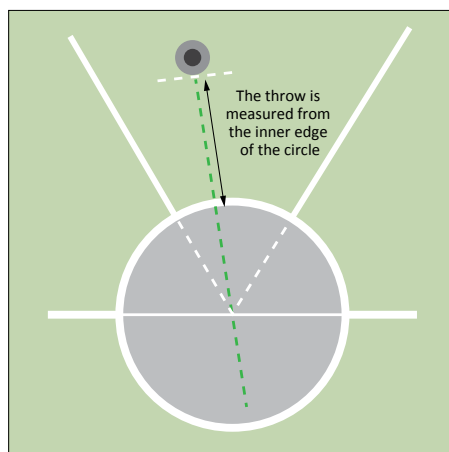


- the discus lands on or outside the sector lines.



How to measure

- The measuring spike (zero end of the measuring tape) is placed at the nearest edge of the landing mark of the discus to the throwing circle.
- The measuring tape is pulled back straight and tight directly through the centre of the throwing circle. The measurement is taken to the inside edge of the rim of the throwing circle.
- The measuring spike is not removed until the Chief Judge signals all is clear.



How to record

- The Recorder/Age Marshal repeats the measured distance back to the Chief Judge and records the distance on the recording form.
- Measurements are recorded to the nearest whole centimetre **below** the actual distance thrown, e.g. 24.627 is recorded as 24.62.
- When recording:
 - X** = failure
 - = pass
 - NM** = no valid trial recorded
- Best performances should be circled or highlighted.
- Placings are not required at Centre level.

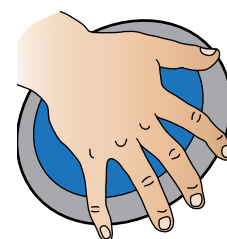
Handy hints to run Discus

- Have the next athlete ready to throw with the discus in hand.
- Encourage younger athletes to do a standing throw — no turns or spins.
- For large groups, allow athletes to have two trials rather than three.
- Move any discuses not being used away from the immediate area.

Handy hints for the athletes

The basic technique for a standing throw:

- **Starting position:** stand side on to the landing area, feet shoulder width apart.
- **Grip:** hold the discus flat against the palm of the hand with the edge of the discus on the pads of the first joint of the fingers, thumb rests gently on top.



- **Wind up:** throwing arm swings to the back in a long hard swing as body weight shifts onto the back leg with the foot pivoting to the back until the back foot, knee and head are in a straight line. To unwind, the weight shifts to the front foot, whip the arm around the side at shoulder height, stand tall as the arm swings forwards.
- **Release:** turn shoulders square to the front as the discus comes out the front of the hand, off the index finger with full extension of the arm.

It may take younger athletes sometime to learn the proper technique, but thrown correctly, athletes will get a bigger throw.