

# Discus

## Event offered to

U6 to U15 age groups

## Event equipment

- ✓ Throwing circle within a cage/net (whenever possible), and a marked landing sector
- ✓ 50m–100m measuring tape and measuring spike
- ✓ Discus, at least two of each weight required
- ✓ Cloth to wipe and clean the discus



## Officials Required

- Chief Judge: to watch for foot fouls, measure valid throws and call the distance to the Recorder. Another judge may also be used to watch foot fouls on the other side of the throwing circle.
- 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: 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.

## 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. If there is no net, athletes must be positioned well back from the throwing circle and Officials should stand behind the athlete about to throw.
- Only the athlete about to throw is permitted inside the cage/net.
- 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.
- **NEVER** turn your back on the discus throwing circle while in the field.

## Basic Rules

- Practice throws are permitted, but athletes may not use implements to practice when not in the throwing circle.
- An athlete must commence the trial from a stationary position within the throwing circle.

- There is no specific rule as to how the discus may be released.
- 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.
- 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 athlete may, during each trial, stop and place the discus down inside or outside the circle and then recommence the trial again, providing that no other infringement has occurred within the time limit.
- The trial is complete when the athlete leaves the throwing circle.
- Each athlete is given three trials, unless competition rules specify otherwise.
- It **IS** a valid throw even 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.



# Discus

## A Failure

- 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. It will not be considered a failure if the touch happens during the rotation, back of the centre line.
- the discus lands on or outside the sector lines
- An athlete leaves from the front half of the circle or before the discus has landed.

## Measuring a Throw

- 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 distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.
- The measuring spike is not removed until the Chief Judge signals all. If a record has been broken, do not move the spike until the Referee signals the all clear.



## How to Record

- The Recorder repeats the measured distance back to the Chief Judge and records the distance.
- When recording:
  - X = failure
  - = pass
  - NM = no valid trial recorded
- Ties are broken by the next best throw. A Referee should be called to check.

*Officials Information Sheet: Discus,  
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