

Discus Procedures - Suburban Parochial League

Last amended 2026-02-11

EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. Two to Three - JR-HS official size discus available for use (3 is recommended). 1 Kg weight (2-lb 3.274 oz). 7-1/8" to 7-1/4" diameter. Thickness at the center is 1-1/2". Rubber only.
2. Two - 150' foot measuring tapes to mark outside line sectors, if not marked.
3. One - 150' foot measuring tape. Optional measuring stick at end of tape to mark throw.
4. Broom to clear the circle free of sand.
5. Cones to mark sector boundaries and/or distance. Optional for keeping contestants waiting to throw and spectators in a safe and secure area.
6. Rake if the throwing area is dirt or gravel. Rakers should bring gloves.
7. Towels to clean off discus.

SUPPLIES PROVIDED BY HOST TEAM: Clipboard, scoring forms, pen, award ribbons.

DISCUS PROCEDURES

1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and school.
- b. Inform competitors that they will compete in the SAME SEQUENCE as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. During check-in, begin running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
 - i. A coach or teammate may check-in on behalf of an athlete.
 - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.
 - iii. Conflict Procedures Involving High Jump (7th and 8th grade)
 1. Athlete checks into high jump, informs the judge of the conflict, and proceeds to discus.
 2. **The athlete is given priority in discus and completes his or her attempts with the first group of throwers, regardless of grade level.** Once the athlete has completed his or her attempts, he or she should return to the high jump area and compete as normal. Varsity athletes should be in the high jump area prior to the start of their competition.
 - iv. To assist in running each event more timely, a volunteer working at each event should begin the check-in process for the next scheduled group of competitors once the current competitors have begun their 2nd or final round of throws.

2. Discus Rules

- a. Taping of any part of the hand or fingers shall not be permitted unless there is an open wound and must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted.
- b. The lines that mark the sector are out-of-bounds.
- c. The competitor is allowed to enter the circle from any area.
- d. The competitor can exit the back half of the ring or circle after the discus has landed and before the throw is marked or measured.
- e. It is a "FOUL" or "SCRATCH" if the competitor:
 - i. fails to initiate a trial after one minute after the competitor's name is called,
 - ii. after stepping into the circle, fails to pause before starting the throw,

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- iii. fails to throw the discus from inside the circle,
- iv. after starting the attempt, touches any surface outside the circle during a throw with any part of the body or clothes,
- v. the discus does not fall within sector lines. If the discus lands on the sector line, it is a foul,
- vi. leaves the circle before the implement (discus) has landed,
- vii. fails to exit the back half of the circle.

PENALTY: The throw is not measured, but counts as a trial.

- viii. It is no longer a foul if the competitor is not under control when legally exiting the competition area (ie - back half of discus circle) and the implement (discus) has landed.
- ix. Head Judge (who also records measured throws) observes the throw, to ensure compliance with rules, and loudly announces "Scratch" for an illegal throw; scratches are NOT measured.

3. Measuring

- a. "Zero" end of the tape is placed at the point of discus impact into the pit; use the impact mark nearest the point of throw.
- b. "Reading" of tape is made at the inside edge of the circle at a point in line with the center of the throwing circle
- c. Measure to NEAREST LESSER one inch.
- d. During the process of measuring, judges shall keep all persons other than officials away from the measuring area.
- e. Throws landing outside the clearly-marked throwing sector are fouls.
- f. Announce each measured throw. Scratched-attempt counts as one of the two (2) allowed throws.
- g. TIE for longest throw is broken by the second-best legal attempt.

4. General Safety Tips

- a. CAUTION must be taken to locate a safe throwing area that will not allow errant discus to injure anyone.
- b. "Throwing Circle" measurements: 8-ft 2-1/2" diameter. Circumference should be marked with metal, wood, or plastic band which should not rise more than 3/4" above the level of the throwing circle or a painted line 2" wide may be substituted.
- c. Do NOT allow competitors to practice throws in an unsafe manner, or away from the throwing area.
- d. Discus should be handed - not thrown - to the next competitor.

Change Brief

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| 2026-02-11 | Updated check-in procedures to account for pre-registration.
Updated conflict rules to account for new field event sequence.
Reduced official attempts from three (3) to two (2).
Edited for clarity, fixed misnumbering, and updated document format. |
| 2022-04-24 | Updated conflicting field event guidelines. |
| 2015-04-21 | Updated Section 2 – Discus Rules to provide clarification and up-to-date rules. |
| 2013-04-11 | Added cover sheet with recommended equipment. |