

Discus Procedures

Equipment: 150-ft measuring tape; JR-HS official-size discus: 2-lb 3.274 oz. (1 kilogram); 7-1/8" to 7-1/4" diameter; thickness at center is 1-1/2"; rubber only.

Supplies (provided by Meet Host-school): Clipboard, Scoring Forms, Pen, Award Ribbons.
Procedures:

1. Sign Up Competitors:

- a. Record first & last name, and school,...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,... for practice AND official attempts. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & exceptions:
 - i. Competitor does NOT have to personally sign-in for event; coach or teammate may arrange it.
 - ii. Field event participants may NOT be added or changed after FIRST competitor begins event "official" tries.
 - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
 1. Exception: (High Jump crossbar will NOT be lowered for a late-arriving competitor).
 - iv. **No athlete is allowed to compete in an event AFTER all other competitors have finished, unless he or she is physically present as the last other competitor finishes.**
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3rd or final round of jumps/throws.

1. Discus: Rules

- a. A throw must be made from within the circle.
- b. It is a "foul" or "scratch" whenever the competitor, after stepping into the circle:
 1. fails to pause before starting to throw; or,
 2. touches the circle or ground outside the circle with any part of his/her body or clothing before the throw is marked.
- c. Thrower must exit from rear of discus-throwing circle, but may enter the circle from anywhere.
- d. Head Judge (who also records measured throws) observes the throw, to ensure compliance with rules, and loudly announces any "scratched" put -- these are NOT measured.

2. MEASURING:

- a. "Zero" end of tape is placed at point of discus impact into pit; use impact mark nearest the point of throw.
- b. "Reading" of tape is made at inside edge of stop-board (or scratch line), at a point in line with center of throwing circle.
- c. Measure to NEAREST LESSER one inch.
- d. During process of measuring, judges shall keep all persons other than officials away from measuring area.
- e. Throws landing outside clearly-marked throwing sector are fouls.
- f. Announce each measured throw. Scratched-attempt counts as one of the three (3) allowed throws.
- g. TIE for longest throw is broken by competitor's second-best throw (or third-best, if necessary).

3. GENERAL SAFETY TIPS:

- a. CAUTION must be taken to locate safe throwing area---that will not allow errant discus to insure 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 level of 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 to next thrower; not tossed.