

Discus Procedures

Equipment Needed by Volunteer School

- 1) 2-3 Discus. 1 Kg weight and rubber only. 3 recommended.
- 2) One - 150' foot measuring tape. Optional measuring stick at to end of tape to mark throw.
- 3) Two - 150' foot measuring tapes to mark outside line sectors if not marked.
- 4) Cones – For marking sector boundaries or a distance marker. Optional for keeping contestants waiting to throw and spectators in a safe and secure area.
- 5) Broom for keeping circle free of sand.
- 6) 1 Rake if the throwing area is dirt or gravel. Rakers should bring gloves.
- 7) Towels to clean off the discus.

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, and Award Ribbons.

PROCEDURES:

1) Sign Up Competitors By Group (Grade and Gender) :

- 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 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 :
 1. fails to initiate a trial after one minute after the competitor's name is called.
 2. after stepping into the circle, fails to pause before starting the throw.
 3. fails to throw the discus from **inside** the circle.
 4. after starting the attempt, touches any surface outside the circle during a throw with any part of the body or clothes.
 5. the discus does not fall within sector lines. If the discus lands on the sector line, it is a foul.
 6. leaves the circle before the implement (discus) has landed.
 7. fails to exit the back half of the circle.**PENALTY : The throw is not measured, but counts as a trial.**
- f. 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.
- g. 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 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 the circle 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 the second-best (or third best, if necessary) legal attempt.

4) 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.

Change Brief

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.