

Discus



What Is A Discus?

The discus, an implement in the shape of a plate can be made of rubber, wood and metal or plastic and metal

How Do I Make The Event Site Safe?

- Discus circles **must** be enclosed with a cage.
- Apart from the Chief Official and the Official on the sector line and/or spiking, everyone should stand behind the athlete, and at least 1 metre away from the safety cage.
- Other than the athlete, **no-one** should be inside the cage when a discus is thrown
- The landing sector should be flat and devoid of holes.
- The discus should be **CARRIED** back to the circle - never thrown.

What is the Minimum Equipment I Need?

- **Discus circle within a cage and sector:** Clearly marked
- **Tape Measure:** (50-100 metres)
- **Discus:** age, gender, disability appropriate. A separate sheet lists the weights.
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the discus on landing
- **Flags:** Red, white, yellow
- **Recording Sheet:** For recording all performances at the venue
- **Cloth:** To wipe and clean the discus
- **Broom:** To sweep the surface of the discus circle.
- **Mat:** for athletes to wipe their feet
- **Sector:** of 34.92°.
- **Cone:** for closing the circle
- **Stopwatch:** for timing trials

What is the Minimum Number of Officials Required to Conduct the Event?

- **Two officials at throwing circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **Two officials at side of Sector.** Tasks include locating and marking the point of impact of the discus and returning the discus to the circle.
- **One official for recording.**

What Happens During An Athlete's Trial?

- A discus can be thrown anyway – even underarm
- An athlete may enter the circle from any direction
- A marker may be used
- The trial must be commenced from a stationary position inside the circle
- Each athlete is entitled to 3 trials
- Some athletes may have 6 trials – the best 8 at championship level
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.
- The athlete may during the course of each trial, stop and place the discus down in the circle and then recommence the trial again, providing that no other **infringement** has occurred.

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When Is a Foul Recorded?

- If the athlete leaves the circle before the discus has landed.
- If the athlete touches the top of the circle or the ground outside the circle during the trial with any part of their body. (They are allowed to touch the inside of the circle.)
- If the discus falls so that the point of impact is on or outside the sector line.
- If the athlete does not exit from the **rear half** of the circle.
- If the athlete takes longer than 60 seconds to commence his trial



How Is a Throw Measured?

- The imprint mark made by the discus on landing closest to the circle is selected
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle directly back through the centre of the circle (there should be a mark)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.
- If the discus hits the cage and deflects back into the sector it shall be a valid trial and measured providing no other infringement occurs.

How is a Throw Recorded?

- Best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	24.75	X	24.62	24.75	3
B	25.53	24.29	25.99	25.99	1
C	24.75	24.53	24.57	24.75	4
D	25.53	25.98	25.88	25.98	2
E	X	16.47	X	16.47	5