

## **Official Guidelines - Discus**

You should have three assistants, one to mark the discus, one to stretch the tape back through the center of the circle, and one to help track down the discus.

**Weights**        -the 1.6 kg discus is used by Jr and Sr Boys  
                      -the 1 kg discus is used by all other age groups

### **Before the event**

Athletes may practice their approaches at any time prior to the event an unlimited number of times.

Roughly five minutes before the event is scheduled to begin, allow an official practice throw for each athlete (if time allows), they may pass on their practice throw

### **Addressing the athletes**

Once the event is scheduled to begin, gather the athletes to you, introduce yourself, and tell them “The order you will be competing in is .....{list the athletes}”

“If you have track events that might conflict, you are to make sure you are on the track for them, you can throw at any point during each round” (As an official you are to make every possible accommodation to include each athlete in each round)

“Everyone gets three throws, if you place in the top six you will receive an additional 3 throws”

“You must exit the circle, controlled, out the back half of the circle”

“There is no rule about the type of motion in the circle”

“You may not touch the ground on the outside of the circle until the discus touches the ground”

“The discus must land entirely within the sector to be measured, that is, if any portion hits the sector lines it is recorded as a foul”

“No tape is allowed on the hand except to cover an open cut or wound, you can not use gloves or tape fingers together”

“If you don’t want us to measure a throw, go out the front of the circle on purpose”

“I will tell you who is throwing, who is on deck, and who is retrieving the shot (the third in line)”  
{ This will keep the event moving quickly)

“Are there any questions”

### **Once the competition has started**

- announce the next thrower and who is on deck and who is retrieving the discus
- WATCH THE BOARD FOR FOULS OUTSIDE THE CIRCLE
- have your assistant in the field watch for the discus landing outside the sector, don’t take your eyes off the athlete
- read the measure from the tape on the inside of the front of the circles chalk line
- record it and announce the distance
- confirm the competitor number of the thrower when you write the results

### **Once all athletes have had three throws**

-determine the top six and in the order they are on the sheet, allow them an additional 3 throws

### **Once the competition is completed**

- determine and announce the top six finishers
- sign the results sheet
- give it to the first place finisher, send them to the results window to pick up their medal
- tell the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers to go get their ribbons
- remind the 1<sup>st</sup> and 2<sup>nd</sup> place finishers that they have qualified to go to provincials next week
- in the case of a tie, the 2<sup>nd</sup> best performances shall resolve the tie, then 3<sup>rd</sup> best if needed....