



# Vancouver Island Athletic Association



## DISCUS

### Official in charge

- Register athletes using recording sheets provided by meet host.
- Note top ten or records for that age group(s) and gender. If a throw exceeds #10, remeasure. If a record is broken, mark location with spike, call for field referee to confirm.
- Before competition starts, review with competitors the rules (valid throw, number of throws, etc.)

### Valid throw

- 1) Any part of body must **NOT** touch top outer part of circle. Can touch inner part of circle.
- 2) Discus must be thrown with one hand.
- 3) Athlete must **NOT** leave the circle before discus has landed and must exit circle at back half.
- 4) On landing, Discus must **NOT** touch **INSIDE** edge of tape marking the sector.
- 5) Measure from **INSIDE** edge of circle to where Discus first touched ground. Tape must be stretched taut between the point of landing and the center mark of circle. Measure to the nearest cm **SHORTER** than throw.

Times allowed each (from start time official indicates): 1 minute

Competitor faults if they have not started their throw within the time limit.

### Scoring

Best throw wins. \*In the event of a tie, second best throw breaks the tie.

Competitor	YoB	1 <sup>st</sup> Throw	2 <sup>nd</sup> Throw	3 <sup>rd</sup> Throw	4 <sup>th</sup> Throw	5 <sup>th</sup> Throw	6 <sup>th</sup> Throw	Best	Place
Abe Cannon	M94	6.81*	6.88	X				6.88	2*
Jon Reno	M94	5.72	6.91	7.37				7.37	1
Chris Jaws	M94	5.67	6.65	6.88				6.88	3

2nd best throw

### Number of throws

- As specified by the host club at the competition site or in the meet literature.
- If not given, then it is left to the discretion of the head official
- 3 throws for most JD meets for younger JD's. For Midget and older categories, 3 throws then 3 additional throws for top 8. For older groups, 3 throws plus 3 more for the top 8 at each weight. For combined-events, 3 throws only.

### Athletes leaving to go to another event

- Must get permission from official in charge before leaving and may be allowed to throw out of order (i.e. early or late).
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the current round, although not necessarily required to throw in the original order.
- Athletes should try to minimize their absence by leaving only when other event is called and returning immediately after competing.