



Vancouver Island Athletic Association



HAMMER

Official in charge

- Register athletes using recording sheets provided by host.
- Note top ten or records for that age group(s) and gender. If a throw exceeds #10, remeasure. If record 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) Hammer may touch circle during throw.
 - a. throw can be completed or stopped to attempt a new throw
- 3) Athlete must NOT leave circle before hammer has landed and must exit circle at back half.
- 4) Hammer head must NOT touch INSIDE edge of tape marking the sector.
- 5) Measure from INSIDE edge of circle to where hammer head first touched ground. Tape must be stretched taut between the point of landing and the center mark of circle. Measure to nearest cm. SHORTER than throw.

Times allowed each (from start time official indicates) 1.00 min

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

Scoring

Best throw wins. *For a tie, second best throw wins tie.

Competitor	YoB	1 st Throw	2 nd Throw	3 rd Throw	4 th Throw	5 th Throw	6 th Throw	Best	Place
Bob Cannon	M94	X	28.11	X				28.11	1
Jay Armster	M94	24.78	25.02	25.32				25.32	3
Chuck More	M94	25.12*	25.32	24.98				25.32	2*

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 left to the discretion of the head official.
- 3 throws at most JD meets for younger JD's. For Midgets and older caategories, 3 throws then 3 more for top 8. For older groups, 3 throws then 3 more for top of 8 each weight group. For pentathlon meets, etc. 3 throws only.

Athletes leaving to go to other 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 completing).