Vancouver Island Athletic Association

WEIGHT THROW

<u>Official in charge</u>
- 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.
- Youngest age is usually 14 years old.

<u>Valid throw</u>
1) Any part of body must NOT touch top outer part of circle. Can touch inner part of circle.
2) Weight handle must be held by BOTH hands.
3) Weight may touch circle during throw
    a. throw can be completed or stopped to attempt a new throw
4) Athlete must NOT leave circle before weight has landed and must exit circle at back half..
5) Weight head must NOT touch inside edge of tape marking the sector.
6) Measure from INSIDE edge of circle to where weight 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.

<u>Times allowed each (from time official indicates)</u> 1.00 min
    Competitor faults if they have not started throw within time limit.

<u>Scoring</u>
    Best throw wins. *For a tie, second best throw wins tie.

Competitor	YoB	1st Throw	2nd Throw	3rd Throw	4th Throw	5th Throw	6th Throw	Best	Place
Al Grunts	M94	6.81*	(6.88)	X				6.88	2*
Ian Heaver	M94	5.72	6.91	(7.37)				7.37	1
Fred Tossir	M94	5.67	6.65	(6.88)				6.88	3

2nd best throw

<u>Number of throws</u>
- 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.
- At many meets 3 throws then 3 more for top 8 for categories Midget and older. For Weight Pentathlon 3 throws ONLY.

<u>Athletes leaving to go to another event</u>
- 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 it).