

DISCUS THROW

Legal Throw

1. A competitor shall not warm up or compete while using an illegal implement.
2. A competitor may enter the circle from any direction, but must exit by the back half. The competitor may exit and re-enter the circle provided he/she does not violate the time limit.
3. No harness or mechanical device attached to the hand or arm shall be used.
4. A legal throw shall be made from within the circle and shall land within the prescribed sector.
5. A competitor must start from a stationary position inside the circle.
6. The competitor shall pause once entering the circle/runway before he/she initiates the attempt.
7. Once the athlete has completed the throw and the implement has landed, the competitor may exit the circle.

Foul Throw

It is a foul if the competitor:

1. After stepping into the circle, fails to pause before starting the throw.
2. After starting the attempt, touches any surface outside the circle during the throw.
3. Throws the discus so that it does not fall within the sector lines.
4. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
5. Leaves the circle before the implement has landed.
6. Does not exit the back half of the circle.
7. Does not initiate purposeful action of completing the requirements of the athletic challenge (throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for trial.

# of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other PE
More than 3	1	1	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

PENALTY: The throw is not measured, but counts as a trial.

Throwing Aids

1. Taping may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently.
2. Taping of the wrist is permissible. A wrist wrap used in lieu of tape is acceptable and is not considered an artificial aid provided there are no hard pieces in the wrap to keep the wrist stiff.
3. Gloves are not permitted; however, a support belt may be worn.
4. To obtain a better grip, competitors are permitted to use chalk or an adhesive (or similar substance such as rosin) on their hands during competition.

Preliminaries

The Games Committee may elect to open the competitive area and specify the time by which all preliminary trials shall be completed. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining trials (open pit).

Measuring Legal Throw

1. Measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.
2. Measurements shall be recorded to the nearest lesser inch or centimeter using a non-stretchable tape (fiberglass, nylon, or steel) or a certified scientific measurement device.
3. The judges shall hold the tape in such a way that the readings will be at the circle so the competitors will immediately know the results of their efforts. The tape should always be pulled through the center of the circle.

Breaking Ties

When there is a tie at any distance of a throwing event, places and points scored shall be award as follows:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance s better from either the preliminary trials or finals.
2. If after (1) the tie remains, the higher place is awarded to the tied competitor whose third best performance is better than the third best performance of any tied competitor, etc.