

# DISCUS THROW

## **Legal Throw**

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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. The competitor shall pause once entering the circle/runway before he/she initiates the attempt.
4. Once the athlete has completed the throw and the implement has landed, the competitor may exit the circle.

## **Foul Throw**

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It is a foul if the competitor:

1. Fails to initiate a trial within one minute after the competitor's name is called.
2. After stepping into the circle, fails to pause before starting the throw.
3. After starting the attempt, touches any surface outside the circle during the throw.
4. Throws the discus so that it does not fall within the sector lines.
5. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
6. Leaves the circle before the implement has landed.
7. Does not exit the back half of the circle.

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

## **Preliminaries**

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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**

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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**

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When there is a tie at any distance of a throwing event, places and points scored shall be awarded 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 is 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.