

# Discus

## What is a discus?

The discus is an implement in the shape of a plate, it can be made of rubber, wood and metal or plastic and metal

## How do I make the event site safe?

- Discus circles must be enclosed with a cage
- Apart from the Chief Official and the Official on the sector line and/or spiking, everyone should stand behind the competitor, and at least 1m away from the safety cage
- Other than the competitor, **no-one** should be inside the cage when a discus is thrown
- The landing sector should be flat and devoid of holes
- The discus should be **CARRIED** back to the circle - never thrown
- Warm-up throws **must** be supervised and taken in competition order.
- Each competitor should get minimum of one and maximum of three warm up throws, if time permits



## What is the minimum equipment I need?

- **Discus circle within a cage and sector:** Clearly marked
- **Tape Measure:** (50-100 metres)
- **Sector:** of 34.92°
- **Handy Hint:** If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the centre of the circle, 20 m out, 1 m across and 20 m back to the centre of the circle. Adjust the tape so that it is taught. You now have the sector lines and the correct sector angle
- **Discus:** Age, gender, disability appropriate. A separate sheet lists the weights
- **Spike:** Hold the zero end of the tape in the nearest edge of the mark made the discus on landing
- **Flags:** Red, white, yellow
- **Recording Sheet:** For recording all performances at the site
- **Cloth:** To wipe and clean the discus
- **Broom:** To sweep the surface of the discus circle.
- **Mat:** For competitors to wipe their feet
- **Cone:** For closing the circle between trials
- **Stopwatch:** To time competitors from the time their name is called until they first commence their jump
- **Windsock:** To show wind direction to the competitors. Place it in the sector, far enough away so it cannot be hit by any implement and that competitors can see it clearly.

## What is the minimum number of Officials required to conduct the event?

### Two Circle Judges:

- **Chief Judge:**
  - Oversees the correct conduct of the competition in accordance with the rules
  - Watches the competitor to ensure they step out of the circle in the correct manner
  - After the discus has landed watch that the competitor leaves the circle in the correct manner
  - Watches for the appropriate signal from the Circle Judge
  - Reads the competitor's performance measurement to the Recorder in single digits 2456
- **Circle Judge:**
  - Watches competitor does not step out of the circle while attempting to throw
  - Watches the flight of the discus into the landing sector
  - Watches for the signals of the Landing Sector Judges
  - Signals appropriately to the Chief Judge
  - Pulls the measuring tape tightly through the centre of the circle once the Spiker has marked the landing position

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## Two Sector Judges:

- **Fall Judge:**
  - Watches the implement leaving the athlete's hand
  - Follows the flight until it lands
  - Moves quickly to the first point of contact with the ground
  - Walks the implement back to the athlete's area
- **Spike Judge:**
  - Assists in confirming the first point of contact with the landing area
  - Places spike into the ground in the mark closest to the throwing circle
  - Does not remove the spike until given the "All Clear" by the Chief Judge
- **One Recorder:**
  - Calls back the measurement to the Chief Judge in the same manner, as single digits 2456 and records them against the correct athlete
  - Foul throws are recorded by placing an "X" against the athlete's name
  - Highlights the best performance at the end of round 3



## **What happens during a competitor's trial?**

- A discus can be thrown anyway – even underarm
- A competitor may enter the circle from any direction
- The trial must be commenced from a stationary position inside the circle
- Each competitor is entitled to 3 trials
- The top 8 competitors receive an additional trial at Championship level
- Once competition has begun, competitors shall not be permitted to use the circle or ground within the sector for practice trials with or without implements
- A competitor may use a marker, but it must be removed by the competitor at the completion of their throw

## **When is a foul recorded?**

- If the competitor leaves the circle before the discus has landed
- If the competitor touches the top of the circle or the ground outside the circle during the trial with any part of their body. (They can touch the inside of the circle.)
- If the discus falls so that the point of impact is on or outside the sector line
- If the competitor does not exit from the **rear half** of the circle
- If the competitor takes **longer than 1 minute** to commence their trial
- **Note:** However, if a competitor touches the top of the metal rim in the back half of the circle and is deemed not to have gained any advantage, it is **not** considered a foul

## **How is a trial measured?**

- The selected point (the mark closest to the throwing circle) is indicted by the spike
- The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
- Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taut. This should give an accurate line
- Do not remove the spike until the Chief Judge signals all is clear
- The distance is measured at the point where the tape crosses the inner edge of the circle directly back through the centre of the circle (there should be a mark)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

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## How is a trial recorded?

- **The Recorder:**
  - Calls back the measurement to the Chief Judge in the same manner (single digits i.e.2456) and records it against the correct competitor
  - Foul throws are marked with an **X**
  - Best performances should be circled or highlighted
  - Ties are broken by referring to the next best throw

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
<b>A</b>	24.75	X	24.62	24.75	<b>3</b>
<b>B</b>	25.53	24.29	25.99	25.99	<b>1</b>
<b>C</b>	24.75	24.53	24.57	24.75	<b>4</b>
<b>D</b>	25.53	25.98	25.88	25.98	<b>2</b>
<b>E</b>	X	16.47	X	16.47	<b>5</b>

- **Handy Hint:** If you like to use a highlighter to select best performances, please use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'