

DISCUS



What is a Discus?

A Discus is an implement in the shape of a plate, that the athlete has to throw as far as they can. The Discus can be made of compound, or plastic and metal (synthetic).

How heavy is the Discus?

6's, 7's	U350G (Compound Only)
8's, 9's, 10's, 11's	500G (Compound Only)
12's, 13's,	750G (Synthetic Only)
14's 15's	1KG (Synthetic Only)
16's, 17's, U20's Female	1KG (Synthetic Only)
16's, 17's Male	1.5KG (Synthetic Only)
U20's Male	1.75KG (Synthetic Only)

How do you throw a Discus?

There are no rules on how the Discus may be thrown. As long as the athlete throws the discus in a safe manner, anything goes. The following is a more efficient technique for throwing the Discus, however it takes time and practice to perfect it.

- **Starting position** - the athlete should stand side on to the throwing area with their feet shoulder width apart. If the athlete is right-handed, then the right side of their body should be towards the back of the circle, visa versa for left-handed athletes.
- **Grip** - the hand is spread over the discus with the pads of the fingers just over the edges. The thumb should gently rest at the back of the Discus.
- **Release** - out the front of the hand, off the index finger, with the arm being extended.

Can the Discus be thrown underarm?

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a Discus fly flat. In fact the Discus can come out of the hand in any way, even out the back. If thrown as above however, athletes will get a bigger throw.

When is a foul recorded?

- If the Discus lands on or outside the sector lines.
- If any part of the athlete touches the ground outside of the circle during the throw.
- If the athlete walks out the front half of the circle.

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Where do I measure from?

- Measure from the nearest edge of the landing mark of the discus to the inside edge of the circle.
- The zero end of the tape goes out to where the discus lands.
- The tape needs to be pulled directly back through the centre of the circle.

What are some basic rules?

- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the Discus has landed.
- Athletes must be told the reason they have been fouled.
- If the Discus hits the cage, bounces off and lands inside the sector lines this is not a foul.
- Athletes can enter the circle from any direction (front OR back), but they must EXIT from the back half of the circle.



What are the safety considerations?

- Keep participants who are waiting their turn, well back from the cage.
- Judges should stand outside the cage, outside of the sector lines, and always be alert.
- Participants should not lean on or touch the cage while waiting for their turn.
- Make sure the Discus is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a red flag.
- Carry the Discus back after each throw.
- Athletes must not throw until told to do so.

HANDY TIPS & TRICKS

- **Peg the athlete's best throw and measure it at the end of the competition.**
- **For large groups, allow athletes to have 2 throws rather than 3.**
- **Mark out sector lines before the competition for the day/night starts.**
- **Have the next athlete ready to throw with the Discus in hand.**
- **Move any Discuses that are not being used, away from the immediate area.**
- **For younger age groups, only allow athletes to do a standing Discus throw (no turns or spins).**
- **For younger age groups, mark out 5m & 10m distances and award the athletes on a points system, rather than measuring their throws (5m= 5 points, 10m= 10 points etc).**