

# 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?

U6, U7	<b>U350G (Compound Only)</b>
U8, U9, U10, U11	<b>500G (Compound Only)</b>
U12, U13	<b>750G (Synthetic Only)</b>
U14, U15, U17G	<b>1KG (Synthetic Only)</b>
U17B	<b>1.5KG (Synthetic Only)</b>

## 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).