

# DISCUS



## Weight for Each Age Group

- |                  |       |                  |
|------------------|-------|------------------|
| . U6 - U7        | 350g  | (compound only)  |
| . U8 - U11       | 500g  | (compound only)  |
| . U12, U13       | 750g  | (synthetic only) |
| . U14, U15, U17G | 1kg   | (synthetic only) |
| . U17B           | 1.5kg | (synthetic only) |

## How is the Discus to be Thrown

- . There are no rules as to technique, subject to safety.
- . Practice the following, which is a more efficient technique:
  - . *Starting position* - stand side on to the throwing area, feet shoulder width apart.
  - . If *Right-handed*, then right side of body is toward back of circle (vice versa if left-handed).
  - . *Grip* - spread the hand over the discus with the pads of the fingers just over the edges. Rest the thumb gently at the back of the discus.
  - . *Release* - out of the front of the hand, off the index finger, with the arm being extended.

## Basic Rules

- . The Action must start from a stationary position from within the circle.
- . Do not leave the circle until the discus has landed.
- . Athletes must be told the reason for a foul.
- . Athletes can enter the circle from any direction, but **must** exit from the back half of the circle.

## 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 the circle during the throw.
- . If the athlete walks out from the front half of the circle.
- . It is not a foul if the discus hits the cage, bounces off and lands within the sector lines.

## Measuring

- . *Place* the zero end of the tape at the nearest edge of the landing mark and extend the tape to the centre of the circle.
- . *Measure* the distance *from* the landing mark *to* the inside edge of the circle.

## Tips

- . Younger age groups should do a “standing throw” - no turns or spins.
- . Participants waiting their turn should stand well back from the cage.
- . Judges to stand outside the cage, outside of the sector lines, and to remain alert.