

## DISCUS IMPLEMENT GUIDELINES

AGE	GENDER	WEIGHT
U 6-7	Boys/Girls	350gm
U 8-11	Boys/Girls	500gm
U 12-13	Boys/Girls	750gm
U 14-17	Girls only	1kg
U 13-16	Boys only	1kg
U 17	Boys only	1.5kg

## COMPETITION GUIDELINES

- No spike shoes are allowed
- Each athlete is entitled to 3 throws
- Athletes must throw 2 consecutive throws and a 3<sup>rd</sup> and final throw. This guideline has been introduced for the 20/21 JLAC season to ensure smooth and quick movement of the program
- The throw must commence from a stationary position
- The athlete must not leave the circle until the **discus has landed**
- The athlete may enter the circle from any direction but must leave the circle from behind the centre line
- The athlete must not touch the top of the circle or the ground outside the circle with any part of their body, touching the inside of the rim is allowed
- The discus must land within the sector. **On the line is out**
- Athletes have 30 seconds to commence their throw
- An athlete may during each throw, stop and place the discus down within the circle and then re-commence their throw, provided no other infringement has occurred

## MEASUREMENT

- All measurements shall be made after each throw
- Place the spike with the zero end of the tape in the ground where the discus makes first contact with the ground. Draw the tape back straight through the centre dot of the throwing circle and measurement is taken from the inside of the rim
- Measurement is rounded down to the nearest whole centimetre

## SAFETY

- Always carry the discus back. Do not throw it back
- Athletes are not allowed to throw the discus until called
- Athletes and spectators are to stay well behind the throwing area