

THE QUICK GUIDE TO DISCUS

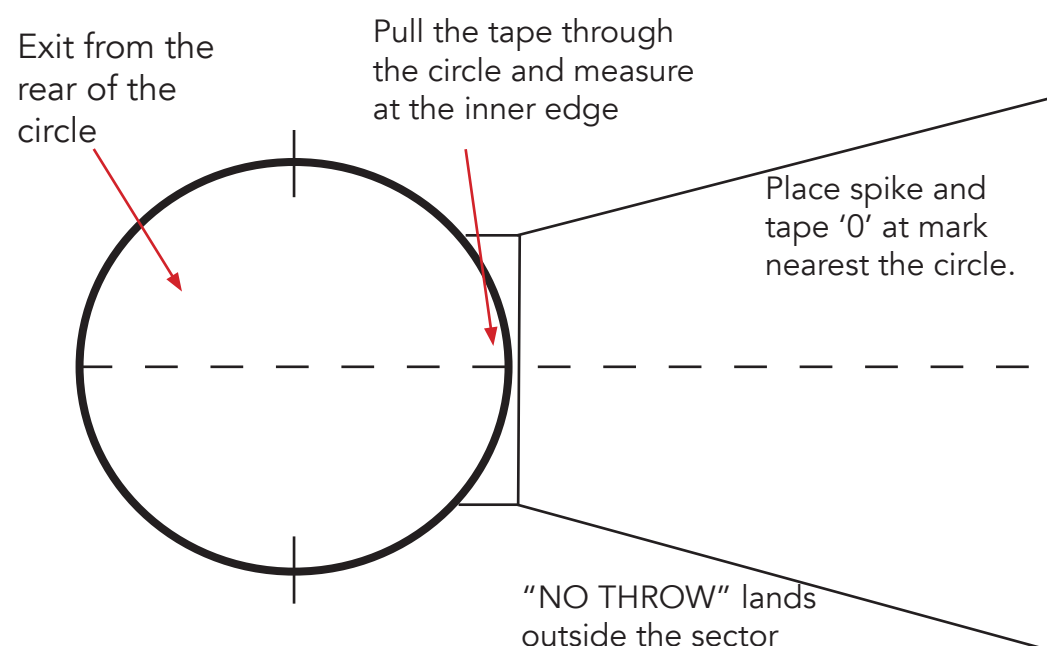
Volunteer Roles and Responsibilities

1. **Chief Marshal:** Organise athletes and record measurements
2. Place spike, retrieve discus
3. Measure attempts

- 1 Take role and arrange athletes in the order they are to throw. Assign correct discus weight for age group. Offer each athlete 1 practice throw.
- 2 Only the athlete throwing must be in the cage during a throw. All volunteers and waiting athletes to wait outside the cage.
- 3 Start from a standing start. All body parts must be inside the circle during throw and the discus must land inside the sector marking lines.
- 4 Athletes must exit from the back half of the circle once the discus has landed.
- 5 Place the spike at the first point the discus hits the ground, the '0' zero end of the tape is placed at the spike. Pull the tape through the centre of the circle, measure from where the tape crosses the front inner edge

IMPLEMENT WEIGHTS

| | |
|----------------------|-------|
| U6 - U8 7 | 350g |
| U9 - U11 | 500g |
| U12 - U13 | 750g |
| U14 - U16, U17 Girls | 1kg |
| U17 Boys | 1.5kg |



A VOLUNTEERS GUIDE TO THE DISCUS

Competitors throw a rubber or metal disc as far as possible while remaining inside a throwing circle. In order for the throw to be measured, the discus must land inside a marked sector and the athlete must not leave the circle before it has landed, and then only from the rear half of the circle.

ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers.
- 2 Write children's names on the recording sheet to record the results.
- 3 Arrange the children in order they are to throw. Tell the children the number of trials they are to have.
- 4 Give each child practice throws before the event begins.
- 5 The discus throw must start from a stationary position within the throwing circle. The discus must land within the inner edges of the lines marking the sector.
- 6 Watch the flight of the implement and measure from the first point it strikes the ground, noting there may be a visible imprint. The selected point is marked with the spike. The zero end of the tape is held at the spike.
- 7 Pull the tape tightly through the middle of the circle and measure for distance to the nearest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is taken from where the tape crosses the inner edge of the circle.
- 8 When recording, please use:
X = Foul, - = Pass, NM = No measure

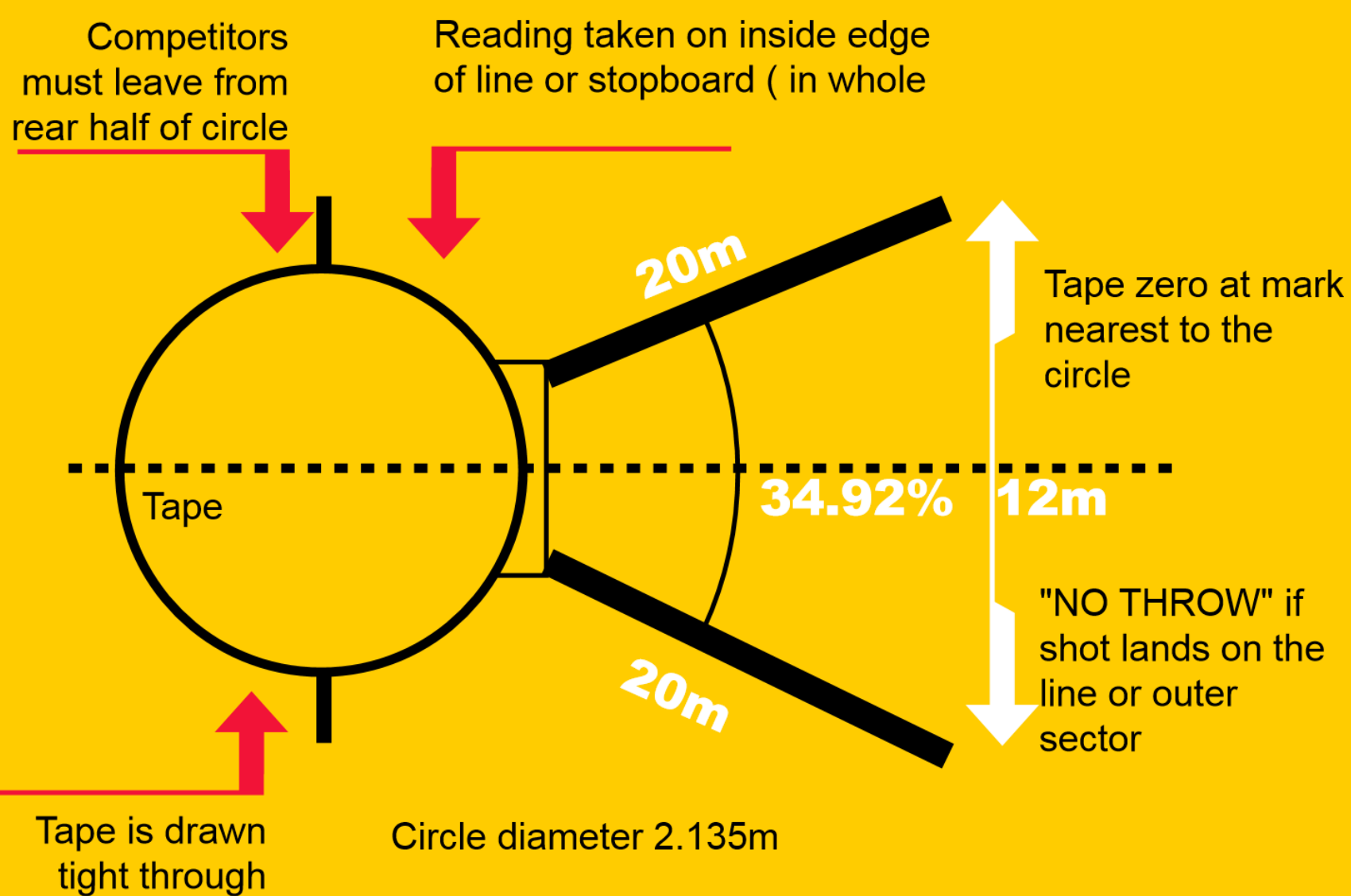
EQUIPMENT

- Sector tape.
- Tape measure (50-100m).
- Discus (Refer to *Implement Weights* overleaf).
- Spike to assist with measuring.
- cloth to wipe/clean the discus.
- Broom to sweep the surface of the throwing circle.
- Recording sheet.



Common grip

SITE REFERENCE



RECORDING

When recording, please use:

X = Foul, - = Pass, NM = No measure

| Athlete | 1st Trial | 2nd Trial | 3rd Trial | Best | Place |
|---------|-----------|-----------|-----------|-------|-------|
| A | 14.75 | X | 14.62 | 14.75 | 4 |
| B | 15.35 | 14.92 | 15.88 | 15.88 | 2 |
| C | 14.65 | 14.35 | 14.75 | 14.75 | 3 |
| D | 15.88 | 15.35 | 15.03 | 15.88 | 1 |
| E | X | X | X | NM | NM |

FOULS

- The athlete leaves the circle before the discus has landed.
- The athlete touches the top of the circle or the ground outside the circle during the trial with any part of their body.
- The discus lands on or outside the sector line.
- The athlete does not exit from the rear half of the circle.

SAFETY

- 1 Volunteers stand outside the cage while a child is throwing, particularly if the child is performing a spin.
- 2 Correct weights must be used for each age group (Refer to table below)
- 3 One responsible person spikes the landing and retrieves the discus.
- 4 The discus is carried back to the throwing circle, not thrown or rolled back.
- 5 Children waiting for their turn must stand outside the cage. Those waiting or watching should be at least 1m back from the cage, with no part of their body touching the cage.
- 6 Ensure throwing circle is swept clear of sand, dirt, and/or other objects.
- 7 **Never turn your back on the throwing circle while in the field.**

IMPLEMENT WEIGHTS

| | |
|----------------------|--------|
| U6 - U8 | 350g * |
| U9 - U11 | 500g |
| U12 - U13 | 750g |
| U14 - U16, U17 Girls | 1kg |
| U17 Boys | 1.5kg |

*BMLAC adjusted weights



These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.

For a full copy of Little Athletics Victoria's Rules and Regulations, including the more expansive Centre Officiating Guide, please visit www.lavic.com.au

With thanks to Athletics New Zealand and Athletics West for the sharing resources and graphics in the creation of this guide.