

Throws - Discus

Getting Ready

What has been said on safety about the shot put applies equally, if not more so, to the discus.

Officials

Care must be taken to ensure feet do not go outside the circle, particularly as in a spin the action is liable to be rapid.

Measurements are from closest point of landing to inside edge of circle rim. Measurements are rounded down to the nearest cm.

Tape is drawn tight and runs from point of landing through the centre of the circle.

Spotters must be diligent – judging where a discus lands, particularly on hard ground where no mark is made, requires concentration and attention. In fact, attention is essential throughout the competition – a moment's distraction could result in losing sight of a discus that may be heading straight for you.



Make sure no one is inside the cage while a throw is in progress – this applies to practise attempts as well as competition.

Rules

- Discus must land in the sector – the part of the discus touching the line or outside the line on first hitting the ground is a foul.
- Any part of the body touching the ground outside the circle means a foul.
- Athlete must leave the circle from the rear AFTER the discus has landed.