

Discus

Role

The event judge shall oversee the measuring, weighing and inspection of the implements and apparatus; checks records; and see that the field events start on time and continue without delay. The event judge may change the order of competition in the preliminaries to accommodate those who may be excused to participate in other events. The event judge may choose to permit a competitor to take preliminary and final trials in succession. The event judge also shall check and enforce uniform, visible apparel and shoe regulations. The event judge shall be responsible for the judging and measuring of each legal trial of a competitor.

Considerations, Tips and Techniques

1. **Safety!** To ensure the safety of all in the area, supervise every practice throw (using a cone or a person standing in the circle to prevent throws) and keeping everyone behind the cage.
2. **Total Throws.** In regular high school meets, each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four total trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals.
3. **Order of Throws.** The order in which contestants take their preliminary trials shall be determined by lot. In the finals, competitors shall compete in reverse order with the best preliminary performance last. Trials may be allowed in succession to accommodate those athletes who may be excused to participate in other events.
4. **Cage Required.** For the safety of all, the discus may only be competed where the throwing circle is surrounded by a protective cage (fencing).
5. **Taping, Belt and Gloves.** Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted. However, a support belt may be worn.
6. **Sector.** Discus must fall within the 60-degree sector lines—lines are not part of the sector. A discus event conducted on the infield of the track shall use a 40-degree sector. **NOTE:** By state association adoption, a 40-degree throwing sector may be used.
7. **Fouls.** It is a foul throw if the competitor:
 - After stepping into the circle, fails to pause before starting to throw.
 - After stepping into the circle, touches the circle, not including the inner face of the stop-board or metal band, if one is used, or the ground outside of the throwing circle during the throw.
 - Throws the discus so it does not fall within the sector lines.
 - A discus, which hits the cage and/or an object outside the sector before landing within the sector.
 - Leaves the circle before the implement has landed and the judge call “mark”.
 - Is not under control before exiting the back half of the circle.
 - Fails to initiate a trial to completion within **1 minute** after being called.
8. **Fouls Not Measured.** A foul throw is not measured, but is counted as a trial.
9. **Calls.** The calls for next 3 competitors are: “UP”, “ON DECK” and “ON HOLD” (Smith is “UP”, Jones “ON DECK” and Adams “ON HOLD”)
10. **Measurement.** In measuring the throw:
 - Measures are made from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle.
 - The tape is lifted up to taught, then dropped and pulled through the center of the circle (often a small dot in the center of the ring) to the first mark made by the discus.
 - Measurements are recorded to the nearest lesser 1 inch or even centimeter.