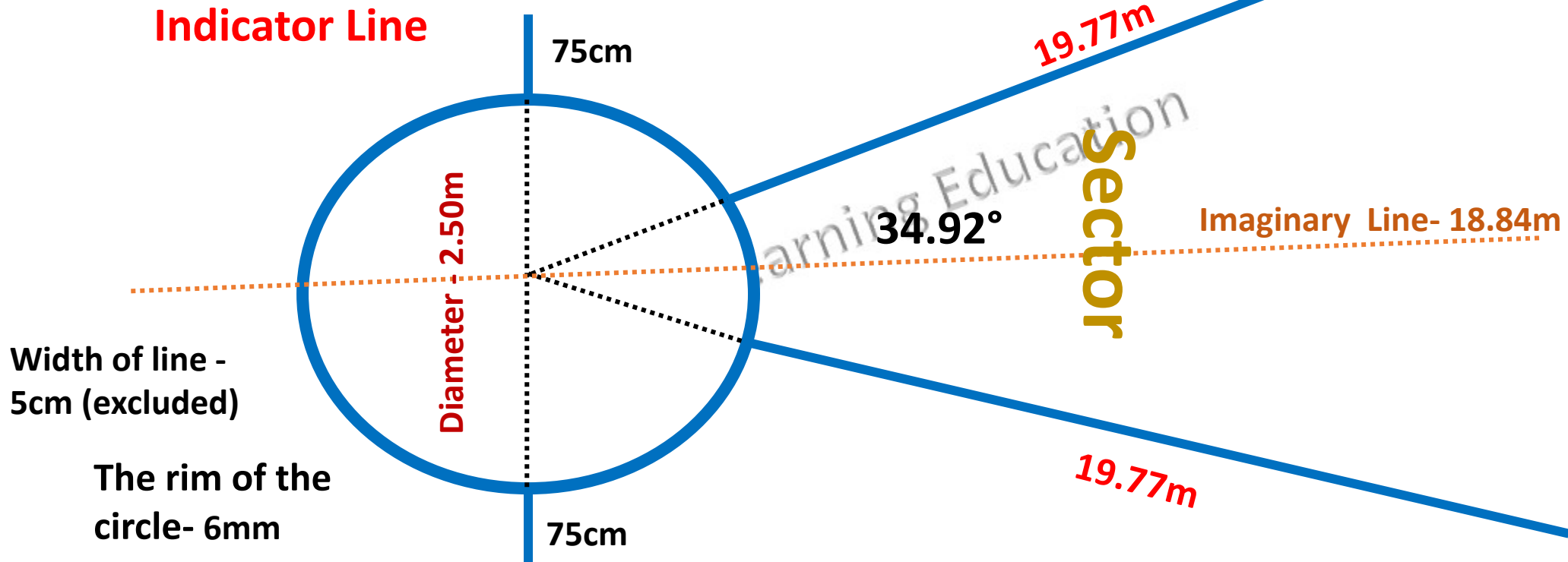




Discus Throw

Measurement





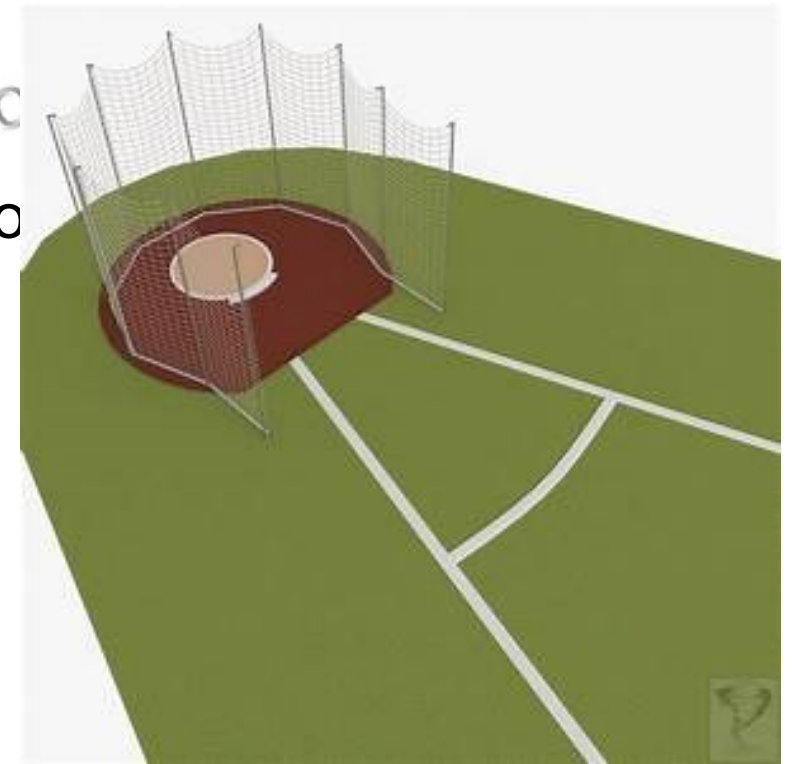
Discus Cage





Discus Cage

- The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 meters per second.
- The cage should be u-shaped
- Generally, the netting of cage is constructed from steel wire of moderately high tensility.
- The cage measurements are –
 - Width of the mouth is 6m
 - Height = 4m
 - Mouth of the cage is positioned 7m in front of the center of the throwing circle.





Discus

□ Man-

- Weight– **2kg**
- Diameter – **219mm-221mm**
- Diameter at the metal head – **50-57mm**
- Thickness from middle of the discus– **44-46mm**
- Thickness of the rim from the edge – **12-13mm**

□ Woman-

- Weight– **1kg**
- Diameter – **180mm-182mm**
- Diameter at the metal head – **50-57mm**
- Thickness from middle of the discus– **37-39mm**
- Thickness of the rim from the edge – **12-13mm**



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- The discus may be made of any material such as wood but it must have a circular edge with a metallic rim.





Type of Discus Throw

❑ Standing Throw

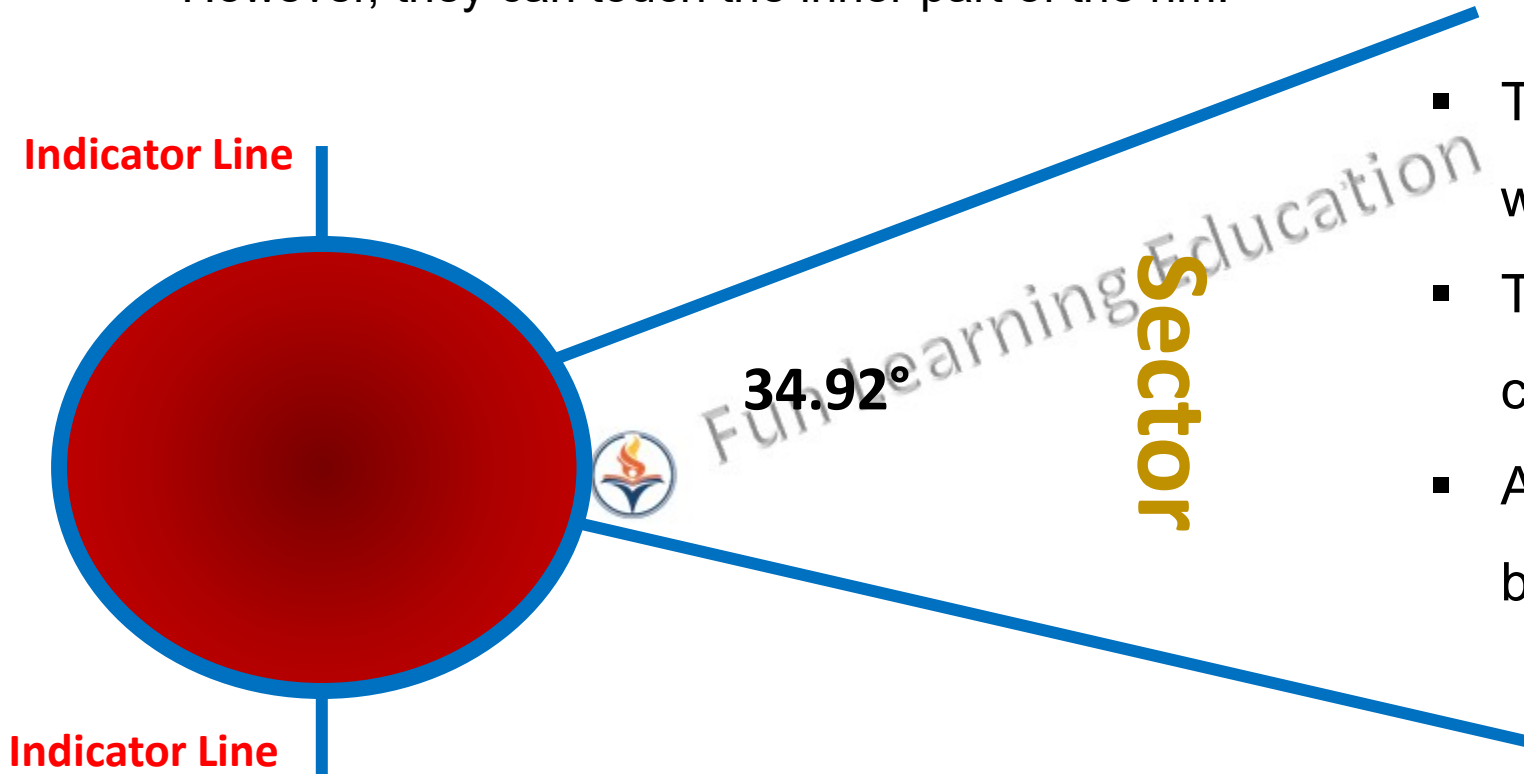
❑ Rotation Throw





Rules of Discus Throw

- An athlete cannot touch the circle or ground beyond the circle.
- During the course of throw, the athletes are prohibited from touching the top of the rim. However, they can touch the inner part of the rim.



- The discus is required to land within the legal sector.
- The competitor must exit the circle from the back.
- A player cannot leave the circle before the discus has landed.



Rules of Discus Throw

How many chance will be given to athlete-

- When the number of athlete are more than eight chance will be **three** time each.
- When the number of athlete are eight or less than eight chance will be **six** time each to them.
- For **top eight** athlete **three more chance** will be given to them.



Rules of Discus Throw

- Warm-ups or practice trial shall not be allowed unless supervised by an event official or the contestant's coach.
- Athlete **cannot use own discus**. A competitor shall not compete while using an illegal implement.
- Discus should throw by only one hand.
- For safety purpose, the **players can tape their fingers** but the taping of two or more fingers together.
- The use of gloves not allowed.



Rules of Discus Throw

- The spraying or spreading by an athlete of any substance in the circle or on their shoes nor the roughening of the surface of the circle not allowed.
- A competitor shall not place personal reference marks in the landing sector of any throwing event.
- To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.



Breaking ties-

- when two or more competitors finish with the same distance.
- The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on.

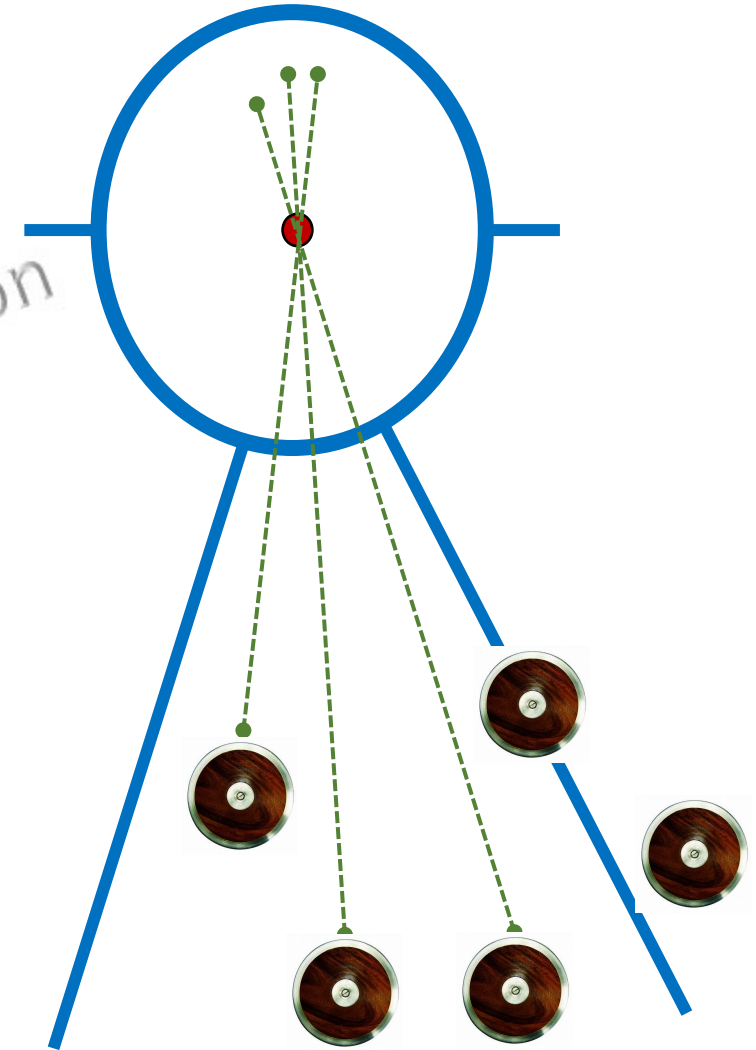


Rules of Discus Throw



Measurement

- The measurement of each throw shall be made immediately **after each valid trial**.
- Measurement is made with a measuring tape from the **inside edge of the rim to the closest side of the discus once it has landed**.
- If the discus **lands on one of the sector lines**, a foul is **called** and no measurement is made.
- If the discus lands outside the sector lines, it is out of bounds and no measurement is made.





Rules of Discus Throw

Time Limitation

Once the athlete's name is called, they have **one minutes** to release the discus.





Officials-

- 1- Chief Judge
- 2- Measurement Judges
- 1- Scorer
- 1- Time Judge
- 1- Announcer

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