

Event Description

A discus is a circular, flat implement shaped like a plate that athletes throw as far as possible. The discus can be made from different materials, including solid compound, plastic, or a combination of metal and synthetic materials, depending on the age group and competition level.

Event Equipment

- Throwing circle within a cage/net
- Discus
- Tape measure
- Numbered marker pegs
- Event sheet and pen

Event Location

Discus events at Hudson Park are conducted in the discus cages on the far side of the field (inside the track), near the 1500m and 200m start lines.

Safety Considerations

- Keep all participants waiting their turn well back from the cage.
- Officials should stand clear of the cage, outside the sector lines and remain fully alert at all times.
- Ensure the discus is smooth and free from any unsafe edges.
- Athletes must not throw until instructed.
- Only the athlete about to throw is permitted inside the cage.
- Carry the discus after each throw. Do not throw or roll back to the throwing area.
- The discus should be placed on the ground for the athlete to pick up.

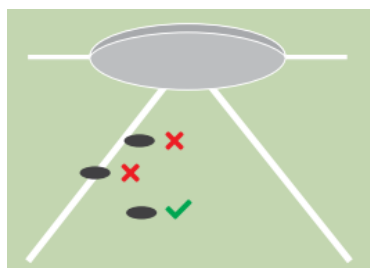
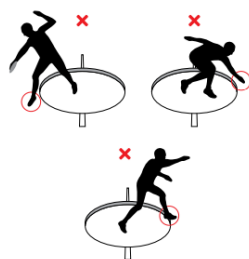


Event Rules

- There are no specific rules regarding how the discus must be released. Athletes may use various techniques such as an underarm throw, an overhead bowling-style release, a double-handed throw or a rotational technique.
- All throws must be performed from within the designated discus cage.
- Athletes must begin from a stationary position inside the circle — no run-up from outside the circle is allowed.
- The athlete must remain inside the circle until the discus has landed.
- Athletes may enter the circle from any direction, but must exit from the back half of the circle after completing their throw.
- It is a valid throw if an athlete touches the inside of the rim of the circle during the throw.
- It is a valid throw if the discus hits the cage, bounces off and lands within the sector lines.

It is a foul if:

- the athlete touches any part of the top of the circle rim or the ground outside the circle at any time during their throw.
- the athlete walks out the front half of the circle.
- the athlete walks out of the circle before the discus has landed.
- the discus lands on or outside the sector lines.

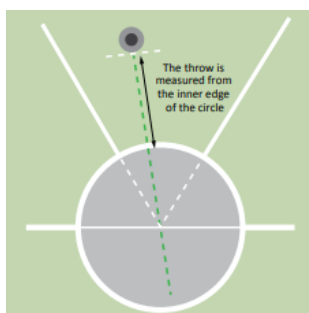


How to run the Event

- Measure and mark out existing event records before the competition begins.
- When the discus is thrown, place a numbered marker peg at the nearest edge of the landing mark where the discus initially lands.
- Each athlete has three attempts, and all athletes complete their first throw before moving on to the second and third rounds in the same order. Athletes should not take all three throws consecutively before the next athlete has thrown.
- Updating markers: If a subsequent throw is shorter than the athlete's previous best, the marker remains at the previous distance. If a throw is further, the marker is moved to the new distance. If unsure whether a later throw is further, a second marker can be placed so both throws can be measured.
- Markers are never moved backward to represent a lesser throw.
- *If it appears that a record has been broken, the marking peg should not be removed when measuring. A committee member must verify the peg is in place to confirm the record.*

How to Measure

- The zero end of the measuring tape should be placed at the nearest edge of the mark where the discus first lands.
- Pull the tape straight and tight through the centre of the circle, and take the measurement to the inside edge of the rim of the circle.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

