

NATIONAL FEDERATION DISCUS INSTRUCTIONS

1. Jersey can not be knotted. NO VISABLE JEWELRY EXCEPT RELIGIOUS, MUST TAPE TO BODY. MEETING WITH COACHES AND CAPT. BEFORE MEET. BODY SUIT MAY BE USED IF ISSUED BY SCHOOL
2. GAMES COMMITTEE MAY ALLOW 40* OR 34.92* SECTORS
3. **No gloves** allowed. A **SCHOOL ISSUED** uniform must be worn during competition **ALL VISIBLE UNDER SHIRTS MUST BE SOLID COLOR, SUPPORT BELT, CHALK AND ROSIN ARE OK**
4. **No taping** on any part of hands or fingers will be permitted **unless** there is an **open wound or cut that must be protected by tape. TAPE ON WRIST IS OK**
5. The side of the discus must NOT be SANDBLASTED and shall remain smooth. All implements must be inspected
6. Exit rear half of circle after implement lands and MARK is Called. You must be UNDER CONTROL when leaving
7. The throw must be INITIATED from **inside** the circle WITHIN THE 1 MINUTE TIME LIMIT
8. An **unsuccessful attempt** is when:
 - a. Competitor starts the throw without a pause after entering the circle
 - b. Competitor touches the circle or the ground outside the circle before the discus has landed
 - c. The discus lands on or outside the throwing section
 - d. Competitor does not leave through the back half of the circle after completing the throw
9. Measurement in the discus shall be from the nearest edge of the mark made by the discus to the inside edge of the circle nearest such mark, pull tape through center of circle
10. Tie breaking procedure will be used **RULE 6-2-12**. Measurements will be to **lesser inch**
11. FOUL THROW if discus hits cage and lands within sector
12. A CONTESTANT BEING AIDED BY A WIRELESS COMMUNICATION DEVICE WILL BE DISQUALIFIED AND NO VIEWING OF VISUAL AID DURING COMPETITION
13. Give order of participants- each contestant will have **four (4) throws**
14. **IF FINALS-** three (3) attempts in the finals
 - a. Three attempts in preliminaries for total of six (6)
 - b. Competitor must have one (1) legal throw to make finals
 - c. Take one more competitor than places into finals
 - d. Order is reverse of finish with best jumper last
15. Time will be allowed to participate in another event, from time I excuse you, Be flexible but record time they leave. Encourage them to throw before they leave
16. **No warm ups without coach or official present.**
17. ATHLETE MAY TAKE ONE OR MULTI ATTEMPTS, WHEN CALLED UP AND THROWER MAY TAKE CONSECUTIVE ATTEMPTS IF COMPETING IN ANOTHER EVENT
18. No REFERENCE MARKS can be used. Record Marker along sector
19. Jersey must be tucked into shorts. Jersey MUST be worn in Competition area

REMOVE ALL IMPLEMENTS- NO PRACTICE BY ANYONE AFTER EVENT