

# Discus Instructions - High School

75 minutes Prior to competition-CLOSE CIRCLE-put marker in circle. Prepare area, sector, meet with other officials working the event, discuss responsibilities

1 hour prior to competition-Implement certification

30 Minutes prior to start-open circle...HEADS UP to all those in throwing area. check athletes during warm-ups for proper uniforms, no jewelry, numbers, taped hands/wrists, certified implements. Discuss responsibilities with late arriving help.

15 Minutes prior to start-first flight only

5 Minutes prior to start-circle closed, helper sweep circle, Check athletes in, give instructions

START ON TIME! Athletes not checked in are scratched.

## Speak to the athletes:

Welcome, Implements with mark only in this area, Athlete numbers?, wear them front or back?, For safety, PLEASE...no cell phones or other electronics in competition area. You may not view video during competition.

1 minute to throw when called

Calls: Up, On Deck, On Hold-begin 60 second time limit to throw

Enter anywhere, pause, throw, pause, leave back half only

Measure on "mark" or white flag,

Foul or red flag IF:

- throw lands on or out of sector
- foot or body touches top of ring, not leaving BEHIND the circle's center marks
- Over 60 seconds from called name "UP"
- Hits cage and lands in sector

Scoring \_\_\_ places ~ No Finals- 4 throws

Restricted Competition area for athletes is: \_\_\_\_\_

Finals- 3 throws top \_\_\_\_ to finals in reverse order.

We will give up to 15 minutes warmup between flights.

Are there any questions? (flights of 4-12)

Here is the order of throwing by flight. Anyone checking out for another event? Discuss check out procedure with that athlete.

Please Stay Heads Up ALL times, Good Luck.

First thrower-first flight is up....

Call to markers in sector: "Mark these"