

Weight Throw Instructions - NCAA

75 minutes Prior to competition-CLOSE CIRCLE-put marker or chair 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, numbers, certified implements.
Athletes may tape wrists or INDIVIDUAL fingers-not fingers together. Gloves are ok.
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!

Speak to the athletes:

Welcome, Implements with mark only in this area, Numbers?, wear them front or back?,
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 white flag, Foul or red flag IF:

- To legally abort an attempt, the Weight can not touch ground during attempt.
- weight lands on or out of sector (not handle)
- foot or body touches top of ring, not leaving BEHIND the circle's center marks
- Over 60 seconds from called name "UP"

Scoring ___ places

No Finals- 4 throws

Finals- 3 throws top ____ to finals in reverse order.

You Will be charged with Pass if absent in the finals when called.

We will give up to 15 minutes warmup between flights.

Are there any questions?

Here is the order of throwing by flight. (5-12 per flight)

Please Stay Heads Up ALL times, Good Luck.

First thrower-first flight is up....

Call to markers in sector: "Mark these"