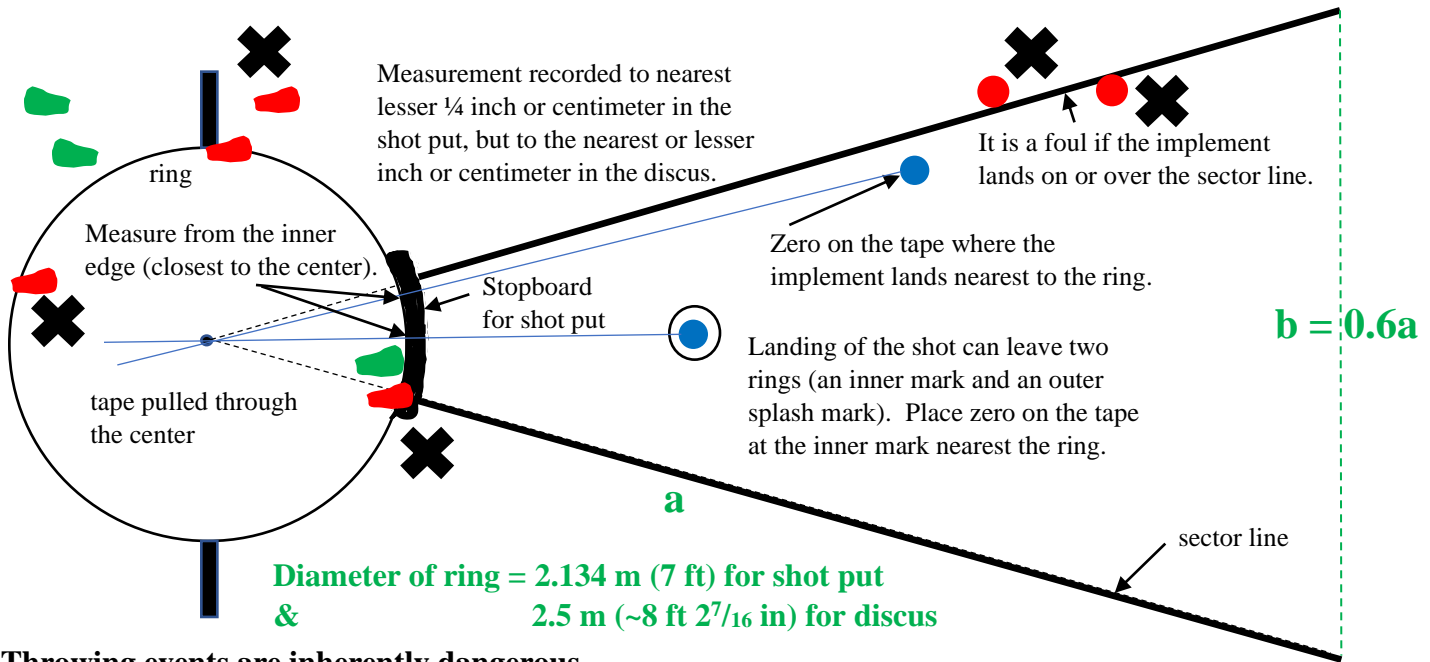


SHOT PUT & DISCUS

NNTOA v.9Nov2020



Throwing events are inherently dangerous.

Keep your eyes on the circle/implement at all times. No practice with implements once the competition has begun (**Rule 6.2.6**). The use of a protective cage is required for the discus. Officials & athletes should stand at least 6 feet from the net & well away from the opening of the cage.

All throwing, including warmups, should be supervised from the ring. Close the ring at the conclusion of the event (**Rule 6.2.6**). No athletes in the sector – only officials and retrievers. Retrievers stand behind the officials. Officials should stand near the sides of the sector.

Wait until the competitor is not throwing to bend over to pick up implements, especially during warmups.

Carry (do not throw) implements out of the sector.

Watch for the discus to curve (to your right for right-handed throwers; to your left for left-handed throwers).

Watch for discus to skip and the shot to bounce.

A wet ring can be slippery; try to keep it dry.

Control spectators with flags/warning tape placed well beyond the sector (55° angle, broader than the 34.92° for the sector).

Rules 6.7.7 & 6.8.7 Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn. No harness or mechanical device attached to the hand or arm shall be used.

Dimensions of implements:

	Weight	Diameter	Circumference
Boys shot	5.443 kg (12 lb)	98.4-117.5 mm (3.875-4.625 in)	30.91-36.91 cm (12 ¹ / ₈ -14 ¹ / ₂ in)
Girls shot	4.0 kg (8.818 lb)	95-110 mm (3.740-4.331 in)	29.84-34.56 cm (11 ³ / ₄ -13 ³ / ₈ in)
Boys discus	1.6 kg (3.527 lb)	209-211 mm (8.228-8.307 in)	See Rule 6.6.2 for other dimensions of discus.
Girls discus	1.0 kg (2.205 lb)	180-182 mm (7.087-7.165 in)	

Rules 6.7.9 & 6.8.9 It is a foul if the competitor:

- Fails to initiate the action within time – see **Rule 6.2.2** A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the throw within the prescribed time limit after the competitor's name has been called for the trial: **one minute** unless only one competitor is throwing and is taking consecutive trials (two minutes for consecutive trials)
- After stepping into the circle, fails to pause before starting the put or throw.
- After starting the attempt, touches any surface outside the circle during the put or throw.
- Allows the shot to drop behind or below the shoulder before leaving the circle
- Touches the top or end of the stopboard before leaving the circle for the shot.
- Puts the shot or throws the discus so it does not fall within the sector lines.
- Leaves the circle before the implement has landed.
- Does not exit the back half of the circle.
- Uses the "cartwheel" technique of shot putting.
- Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.

At small meets (2 or 3 teams) in Nevada, each competitor gets four trials. At large meets, each competitor gets three trials in the preliminaries, and the number competing in the finals is set by the games committee (usually 8 or 9). **Rule 6.2.18** The order of competition in the finals (*another three trials*) shall be the reverse of the best performance in the preliminaries.

Call athletes **UP – ON DECK – ON HOLD** X = Foul (**RED FLAG**) ■ = Pass (**WHITE FLAG, mark**) Next best mark breaks ties.