

DISCUS/SHOT PUT ATHLETE INFORMATION/BRIEFING (2-3 minutes max)

Athlete check-in:

Get excused athlete information from Games Committee. Athletes should check out before they leave for another event. If a contestant needs to go to another event they may take 1, 2, or all 3 of their throws before they leave. The event judge can change the throwing order or flight to achieve this. (If this is not possible you will have to wait for them to return.)

EXAMPLE:

You must check-out and check back in with me. You will get _____ minutes to return. If the athlete does not return within the time limit and preliminaries are complete, the athlete will not be allowed to take any further trials. If the athlete returns before preliminaries are complete, the athlete will get the number of trials remaining when excused.

Uniform rule:

Athletes must compete in school issued or school approved uniforms.

Undergarments (anything worn under the uniform) are not subject to uniform rule restrictions.

Each competitor shall wear shoes on both feet.

Head coverings worn for religious reason are permitted.

Conduct:

Unsporting conduct will result in disqualification from the event. This includes the use of profanity, willful failure to follow the directions of a meet official, or any action which could bring discredit to the individual or competitor's school.

Warm-ups:

The warm up time will be _____ minutes for each flight.

Reminders:

- **No** electronic devices in the competition area during warm ups or competition.
- You may view videos during the competition in an unrestricted area (coach's box).
- Minimum distance that will be measured is: _____
- Once called, you will have one minute to initiate your throw.
- If you wish to pass a trial, please let me know before you are called for that attempt.
- Show me the mark on your discus/shot before entering the ring on each trial. Once you have entered the ring, you may leave as long as you have not yet initiated your trial. The one-minute clock continues to run during your time out of the ring.
- You may enter the ring from any position. Once the discus/shot has landed at the conclusion of your attempt, you must leave the ring from the back half of the circle.
- Jumping order - Read off jumping order and how you will call them up ("Jones up, Smith on deck, Lopez on hold")

DISCUS/SHOT PUT GUIDELINES

CHECK IN:

- Mark each athlete as they check in.
- **ALL** athletes for the competition should check in when the event is called regardless of their assigned flight.
- Contestants who fail to report until after the event judge starts the competition shall not be allowed to participate in that event.

UNIFORM: If a contestant is wearing an illegal uniform make them remove it (without delaying the event) and allow them to throw. Record the time of the violation and report it to your Field Referee. The first time is a warning, the second offense will result in an event disqualification.

ELECTRONICS: Electronic devices may not be used in the competition area. This includes cell phones, ear buds, video or audio equipment. The first time is a warning and the electronics must be removed. Record the time of the violation and report it to your Field Referee. The second offense will result in an event disqualification.

WARM UP:

- Make sure each flight gets the same warm up time.
- No markers may be placed in or along the throwing sector. The meet director can place a marker alongside the throwing area to mark a stadium or state record.
- Competitors may not warm up with an implement that has not been weighed in and marked.

A throwing implement should never be thrown or tossed back to a competitor, it should be walked back.

COMPETITION:

- Each competitor is allowed three preliminary throws and each qualifier is allowed three additional throws in the finals unless 4 throws are taken in lieu of finals.
- Call the next thrower. A competitor shall initiate the purposeful action of completing the requirements of the throw within one minute after being called for a trial. Allow 2 minutes for consecutive trials.
- A pass shall be communicated to the event judge before the start of the trial clock.
- A thrower may be allowed to exit the circle and return to dry hands, clean shoes, wipe off an implement without penalty provided the throw is initiated within the 1 minute.
- Tape may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently. A wrist wrap used in lieu of tape is acceptable provided there are not hard pieces in the wrap to keep the wrist stiff.
- Gloves are not permitted; however, a support belt may be worn.
- A competitor may use chalk, adhesive, rosin etc. on their hand to gain a better grip.
- SHOT PUT-A legal put shall be made from the shoulder, with one hand, and the shot put cannot drop below or behind the shoulder.
- Red and White flags should be used to signal if the throw is fair or foul. Without flags, verbal commands may be used, **FAIR** and **FOUL** are the only acceptable terms to use. The words mark and scratch are no longer used.
- Wait until the athlete exits the throwing circle. before declaring **FAIR** or **FOUL**.

- It is a foul if after entering the circle the competitor:
 - a. Fails to pause before starting the throw.
 - b. After starting the attempt touches the circle or the ground outside the circle.
 - Shot -- touches top or side of stop board before leaving the circle.
 - c. The implement does not land inside the sector lines.
 - d. Leaves the circle before the implement lands.
 - e. The discus hits the cage before landing within the sector.
 - f. Does not exit the back half of the circle.
 - g. Does not initiate the action within one minute after name is called.
- A competitor no longer has to be in control to leave the back half of the ring; however, they must wait for the implement to land first.
- Measure from the nearest edge of the first mark made by the implement to the inside edge of the stop board/circle extended past the center of the circle.
- Measure and record every legal **Shot Put to Nearest lesser ¼ inch**
- Measure and record every legal **Discus Throw to Nearest lesser inch.**
- Items not attached to the body that land outside the circle shall be disregarded (i.e. sunglasses, hats).
- No warm up throws or practice moves are allowed after competition has started.
- A competitor who is to be excused may take throws out of order in preliminary or final rounds, or in succession before being excused to compete in another event.
- Any problems or questions call for the Field Referee.
- Record-breaking performances must be verified by the Field Referee. Hold the mark and measurement until the Field Referee can verify.
- Have the Field Referee go over the preliminary marks before calling for finals.

Number of athletes competing at the start of the round	Discus or Shot Put Time to initiate throw
First attempt of a competitor in the competition	1 minute
More than 3	1 minute
2 or 3 remaining	1 minute
1 remaining	1 minute
Consecutive trials	2 minutes

FINALS:

- When preliminaries are held one more competitor than there are places may qualify for the finals (usually 8 places 9 qualify). If there is a tie for the last place to qualify for the finals, all tied competitors will go into the finals.
- Competition in the finals are in reverse order best thrower last.
- During finals if an athlete needs to be excused and does not return within the time limit and finals are complete, the athlete will not be allowed to take any further trials. If the athlete returns before finals are complete, the athlete will get the number of trials remaining when excused. However, the competitor with the best mark in the preliminaries has the right to make the last attempt in the competition and may choose to wait until after any excused competitors have taken all their trials.
- A competitor will be credited with their best performance regardless whether it occurs in the preliminaries or finals.
- Ties for places are broken by the next best throw.
- Have the Field Referee go over the final marks before sending to the scorer's table.
- Please sign and send event card.

After competition is complete the throwing venue will be closed. No more throwing!!