



What is a discus?

A discus is an implement in the shape of a plate, that the athlete has to throw as far as they can. The discus can be made of rubber, wood and metal or plastic and metal.

How heavy is the discus?

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	BG	BG	---	---	---	---	---	---	---	---	---	---
500g	---	---	BG	BG	BG	---	---	---	---	---	---	---
750g	---	---	---	---	---	BG	BG	G	---	---	---	---
1kg	---	---	---	---	---	---	---	B	BG	BG	BG	G
1.5kg	---	---	---	---	---	---	---	---	---	---	---	B

How do you throw the discus?

The following is the technique for throwing the discus; however it takes time and practice to perfect it. As long as the athlete throws the discus in a safe manner, anything goes.

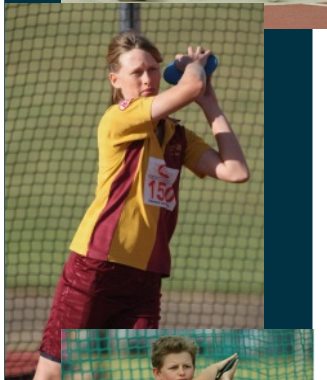
- Starting position - the athlete should stand side on to the throwing area with their feet shoulder width apart.
- If the athlete is right-handed, then the right side of their body should be towards the back of the circle, visa versa for left-handed athletes.
- Grip - the hand is spread over the discus with the pads of the fingers just over the edges. The thumb should gently rest at the back of the discus.
- Release - out the front of the hand, off the index finger, with the arm being extended.

Can the discus be thrown underarm?

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a discus fly flat. In fact the discus can come out of the hand in any way, even out the back. If thrown correctly however, athletes will get a bigger throw.

When is a foul recorded?

- If the discus lands on or outside the sector lines.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athlete touches the ground outside the circle during the throw.
- If the athlete walks out the front half of the circle.





Where do I measure from?

- Measurement is from the nearest edge of the landing mark of the discus to the inside edge of the circle
- The zero end of the tape goes out to where the discus lands.
- The tape needs to be pulled directly back through the centre of the circle.

What are some basic rules?

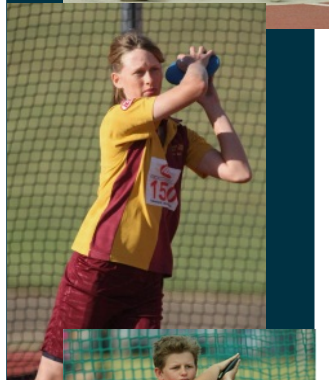
- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the discus has landed.
- Athletes must be told the reason they have been fouled.
- If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul.
- Athletes can enter the circle from any direction (front OR back), but must exit from the back half of the circle behind extension line.

What are the safety considerations?

- Keep participants who are waiting their turn, well back from the cage.
- Judges should stand on the outside of the sector lines and always be alert.
- Participants should not lean on or touch the cage, while waiting for their turn.
- Make sure the discus is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a marker.
- Carry the discus back after each throw.
- Athletes must not throw until told to. They have one (1) minute from name called.

What are some “Handy Tips” for conducting discus?

- For large groups, allow athletes to have 2 throws rather than 3.
- Have the next athlete ready to throw with the discus in hand.
- Move any discus that are not being used, away from the immediate area.
- For younger age groups, only allow athletes to do a standing discus throw (no turns or spins).



What is a Javelin?

A javelin is a metal or fibreglass implement in the shape of a spear, which the athlete has to throw as far as they can.

Who is allowed to do Javelin?

- Only U11-U17 athletes can do javelin.
- Younger age groups can do Turbojav for training purposes (depending on individual Centres).

How heavy is the javelin?

	U11	U12	U13	U14	U15	U16	U17
400g	BG	BG	G	G	---	---	---
500g	---	---	---	---	G	G	G
600g	---	---	B	B	---	---	---
700g	---	---	---	---	B	B	B

How do you hold the javelin?

There are three types of grip:

- Claw / V grip - gripped in the "v" between the index and middle finger
- 1st finger grip - gripped between the first finger and the thumb
- 2nd finger grip - gripped between the second finger and the thumb

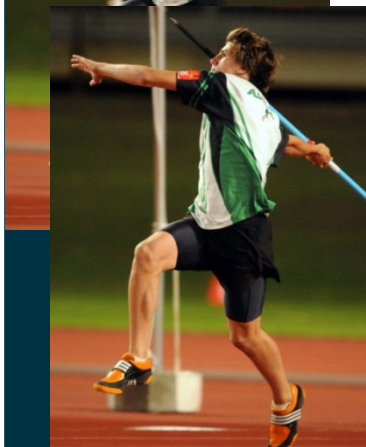
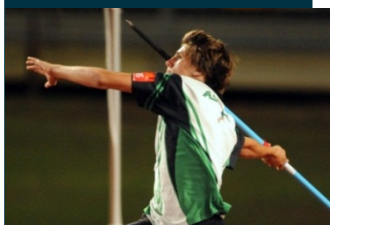
Regardless of the type of grip used, the javelin should be held diagonally across the palm.

How do you throw the javelin?

- Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.
- To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, NOT sidearm). At all times the javelin is above elbow height, with the tip pointing forward.
- The run-up for beginners should be a controlled 3-5 steps.

When is a foul recorded?

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw.
- If the javelin does not land with the tip of metal head first.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

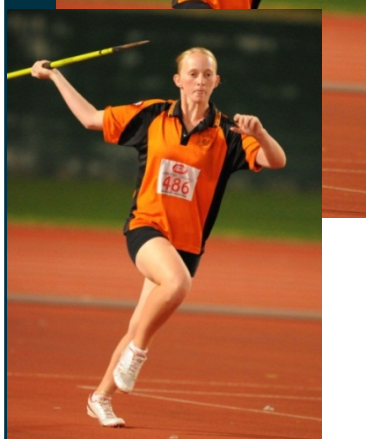


How do I measure?



- Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc.
- The zero end of the tape goes out to where the javelin lands.
- The measuring tape is pulled straight back through the 8m point on the runway.

What are some basic rules?



- The javelin must be released from over the shoulder or upper part of the arm.
- The tip of the javelin must strike the ground first.
- The javelin does not need to stick in the ground to be a valid throw.
- It is not a foul if the javelin touches the ground during the run up.
- The athlete must leave the throwing area from behind the throwing arc.

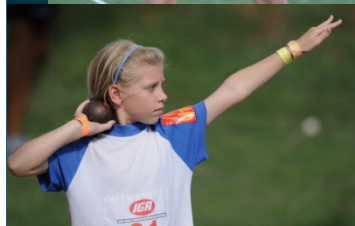
What are the safety considerations?

- Keep participants who are waiting their turn, well back from the throwing area.
- Judges should stand on the outside of the sector lines and be fully alert at all times.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a red flag.
- Carry the javelin back vertically after each throw.
- Athletes must not throw until told to do so.
- Never run to collect a javelin.
- Stand the javelins upright with the tip in the ground - never at an angle.
- The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back. Be aware of who is behind you.

What are some “Handy Tips” for conducting javelin?

- Teach the athletes the different grips prior to commencing their throws.
- Have the next athlete ready to throw.
- Move any javelins that are not being used, away from the immediate area.
- For beginners allow the athletes a short approach only on the runway (3-5 steps).





What is a shot?

A shot is a circular metal ball that athletes have to 'put' (pushing motion) as far as they can.

How heavy is the shot?

		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg	<i>blue</i>	BG	BG	---	---	---	---	---	---	---	---	---	---
1.5kg	<i>yellow</i>	---	---	BG	---	---	---	---	---	---	---	---	---
2kg	<i>orange</i>	---	---	---	BG	BG	BG	G	---	---	---	---	---
3kg	<i>white</i>	---	---	---	---	---	---	B	BG	BG	G	G	G
4kg	<i>red</i>	---	---	---	---	---	---	---	---	---	B	B	---
5kg	<i>green</i>	---	---	---	---	---	---	---	---	---	---	---	B

How do the athletes "put the shot"?

- Starting Position - stand side on, feet shoulder width apart and use the non throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- The shot shall touch or be close proximity to the neck or the chin.
- Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, ("elbow up, thumb down, palm out") can help remember the sequence.

When is a foul recorded?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete's body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.



How do I measure?

- Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

What are some basic rules?

- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the shot has landed.
- Athletes must be told the reason why they have been fouled.
- Athletes can enter the circle from any direction (front OR back), but must exit from behind the line marking the extension of the centre line of the circle.

What are the safety considerations?

- Keep participants who are waiting their turn to put, well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Make sure the shot is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest put you are expecting and mark these with a marker.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.

What are some “Handy Tips” for conducting shot put?

- Have the next athlete ready to put.
- Move any shots that are not being used, away from the immediate area.
- For younger age groups, only allow athletes to do a standing shot put.

