



DISCUS RULES



1. The competitor may enter the circle prior to the throw from any direction.
2. The competitor must start the throw from a stationary and balanced position inside the circle.
3. During the throw, the competitor may touch the inside edge of the circle or the inside edge of the line marking the circle, but may not touch any part outside of the circle (i.e. they cannot step over the edge of the circle during the throw).
4. A competitor may interrupt a throw, lay down the discus inside or outside the circle and leave the circle before returning to a stationary position to begin a fresh throw – provided that the time limit is not exceeded and no other rule is infringed.
5. The discus must land completely within the inner edges of the lines marking the sector, without touching the lines. It is still a valid throw if the discus subsequently rolls outside the sector.
6. The competitor may not leave the circle until the discus has landed and then the athlete's first contact with the ground outside the circle must be completely behind the centre line of the circle (i.e. the participants must walk out the back of the circle).
7. The throw is measured from the front of the circle (the rim) to the point where the discus first landed (the back point).
8. A recommended time limit for the completion of a throw is one and a half minutes.
9. Each competitor is allowed three throws, the winner being the competitor who achieves the longest valid throw.
10. In the event of a tie, a decision is made on the next best recorded throw of the tied competitors.

Please see the recording sheets for age group weight specifications, zone records and regional qualifying distances.