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 compound, or plastic and metal (synthetic).

How heavy is the discus?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Weight</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>U6, U7</td>
<td>350g</td>
<td>(Compound only)</td>
</tr>
<tr>
<td>U8, U9, U10, U11</td>
<td>500g</td>
<td>(Compound only)</td>
</tr>
<tr>
<td>U12, U13</td>
<td>750g</td>
<td>(Synthetic only)</td>
</tr>
<tr>
<td>U14, U15, U17G</td>
<td>1kg</td>
<td>(Synthetic only)</td>
</tr>
<tr>
<td>U17B</td>
<td>1.5kg</td>
<td>(Synthetic only)</td>
</tr>
</tbody>
</table>

How do you throw the discus?
There are no rules on how the discus may be thrown. As long as the athlete throws the discus in a safe manner, anything goes. The following is a more efficient technique for throwing the discus, however it takes time and practice to perfect it.
- 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 as above however, athletes will get a bigger throw.
## When is a foul recorded?
- If the discus lands on or outside the sector lines.
- If any part of the athlete touches the ground outside of 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 they must **exit** from the back half of the circle.

## What are the safety considerations?
- Keep participants who are waiting their turn, well back from the cage.
- Judges should stand outside the cage, 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 red flag.
- Carry the discus back after each throw.
- Athletes must not throw until told to do so.

## Handy Tips & Tricks
- Peg the athlete’s best throw and measure it at the end of the competition.
- For large groups, allow athletes to have 2 throws rather than 3.
- Mark out sector lines before the competition for the day/night starts.
- 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).
- For younger age groups, mark out 5m & 10m distances and award the athletes on a points system, rather than measuring their throws. (5m = 5 points, 10m = 10 points etc).