

2. Throwing Events

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

2.1 General Rules

2.1.1 Implements

- i. The Association shall provide all implements at Association events.
- ii. No competitor is allowed to use any other implements, or to take them to the competition area (IAAF 187.2).
- iii. In throwing events the implements must be carried back to the throwing area and never thrown (IAAF 187.18).

2.1.2 Personal Safeguards

- i. No device of any kind (e.g. taping of fingers or hand), which in any way assists a competitor when making a throw, shall be allowed.
 - a. **Shot Put:** In order to protect the wrist from injury, a competitor may wear a bandage at the wrist.
 - b. **Discus and Javelin:** The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
 - c. **Javelin:** A competitor may wear elbow protection.
- ii. The use of tape on the hand shall not be allowed except in the need to cover an open cut.
- iii. In order to obtain a better grip, competitors in throwing events are permitted to use an adhesive substance such as resin or similar substance on their hands only.
- iv. A competitor may not spray or spread any substance in the circle (IAAF 187.8).
- v. In order to protect the spine from injury, a competitor may wear a belt of leather or other suitable material.
- vi. Once the competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

2.1.3 Throwing Circle

- i. Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- ii. The interior of the circle may be constructed on concrete, asphalt or other firm, but not slippery, material.
- iii. The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.
- iv. The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.
- v. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted, or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.

2.1.4 Landing Sector

- i. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- ii. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- iii. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20 m from the centre of the circle exactly 12m apart.
- iv. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part . The sector is thus 28.95°.
- v. The sector may be accurately laid out by making the distance between the two sector lines 20 m at a point 40 m distance from the centre of the throwing arc along one of the sector lines.
- vi. The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

2.1.5 Safety Considerations in Javelin and Discus

- i. The sector lines should be extended well in excess of the best thrower and their ends marked with a red flag.
- ii. After each throw, the implement should be carried back and not thrown back to the throwing area.
- iii. As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.
- iv. Where the Javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.
- v. All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

2.1.6 Record Markers

In all competitions where State Records can be broken a marker shall be placed indicating the current record.

2.1.7 Validity of Throws

In throwing events from a circle:

- i. A competitor **must** commence the throw from a stationary position inside the circle (IAAF 187.13).
- ii. The competitor is allowed to touch the inside of the iron band or stop board.
- iii. It shall be a foul throw if the competitor after entering the circle and **commencing** to make a throw touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.
- iv. In Shot, it shall be a foul throw if any part of the body touches the top of the stop board during the putting of the shot.

- v. Provided that in the course of a trial, the foregoing rules have not been infringed a competitor may interrupt a trial once started.
 - The athlete **may** lay the implement down inside or outside the circle and **may** leave the circle if so desired.
 - When leaving the circle they must step out (as required below) before returning to a stationary position and continue their throw within the time limit (IAAF 187.17, 187.15).
- vi. Competitors must not leave the circle until the implement has landed.
- vii. When leaving the circle the athlete must do so in a controlled manner. The first point of contact with the ground outside the circle shall be completely behind the white line drawn through the centre and extended outside the circle, not less than 75cm on each side (IAAF 187.17).

(Refer photograph 'Leaving the discus circle')
- viii. If the Discus hits the net/cage and falls within the sector lines, it shall not be recorded as a foul.

2.1.8 Javelin

- i. Must be held at the grip and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- ii. A throw shall be valid only if the tip of the head strikes the ground before any other part of the javelin. **The javelin is not required to stick in the ground.**
- iii. For a valid throw, the tip of the javelin must fall completely within the inner edges of the landing sector (IAAF 193.1b).
- iv. It shall be a foul throw if the competitor, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway (IAAF 187.14d).
- v. It is not a foul if the end of the javelin touches the ground during the run up.
- vi. At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is towards the throwing arc (IAAF 193.1c).
- vii. Competitors must not leave the runway until the implement has touched the ground.
- viii. When leaving the runway the first contact with the ground outside the runway, must be completely behind the throwing arc and the two lines marking its extremities (IAAF 187.17).
- ix. A competitor may interrupt a trial once started, **may** lay the implement down inside or outside the runway and **may** leave the runway (as required above), before returning to the runway to continue their throw within the time limit (IAAF 187.17, 187.15).

Note

- It is not a foul if an athlete drops an implement and it does not touch the ground outside the circle or runway.
- The athlete can retrieve the implement and continue the trial within the allocated time.
- If the implement touches the ground outside the circle or runway it becomes a foul.

2.1.9 Measuring

- i. All measurements shall be made immediately after each valid trial.
- ii. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle (IAAF 187.20a).
- iii. For a valid trial, the implement must fall completely within the inner edges of the landing sector (IAAF 187.16).
- iv. In Javelin the measurement of each throw will be made from where the tip of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part (IAAF 187.20b).