

## QUICK SAFETY

- **Stand:** Behind athlete,  $\geq 1\text{m}$  from circle.
- **Return:** Always CARRIED back, never thrown.

## FOUL (Mark "X")

- Athlete steps out before discus lands.
- Touches top of ring or ground outside.
- Discus lands on or outside sector lines.
- Athlete exits via front half of circle.
- Clock runs past 1 minute to start throw.

## MEASURING & RECORDING

- Give each thrower a number spike and pin at first contact point.
- Move spike if 2<sup>nd</sup> and/or 3<sup>rd</sup> throw is further. If unsure mark both and confirm when measuring.
- Only measure the furthest throw.
- Pull tape tight through circle centre.
- Read inner edge; round down to nearest cm.
- Record the furthest throw on the recording sheet.

<https://cdn.revolutionise.com.au/cups/waathletics/files/j5exd4ibaifgmcob.pdf>



# DISCUS

## FORMAT & WEIGHT MATRIX

| Age | Competition Format                            | Implement Weight           |
|-----|-----------------------------------------------|----------------------------|
| U7  | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 350g (Boys & Girls)        |
| U8  | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 350g (Boys & Girls)        |
| U9  | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 500g (Boys & Girls)        |
| U10 | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 500g (Boys & Girls)        |
| U11 | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 500g (Boys & Girls)        |
| U12 | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 500g (Boys & Girls)        |
| U13 | 1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2) | 750g (Boys & Girls)        |
| U14 | 1 Optional Practice + 3 Measured Throws       | 1kg (Boys & Girls)         |
| U15 | 1 Optional Practice + 3 Measured Throws       | 1kg (Boys & Girls)         |
| U16 | 1 Optional Practice + 3 Measured Throws       | 1kg (Boys & Girls)         |
| U17 | 1 Optional Practice + 3 Measured Throws       | 1.5kg (Boys) / 1kg (Girls) |
| U18 | 1 Optional Practice + 3 Measured Throws       | 1.5kg (Boys) / 1kg (Girls) |