



August 18, 2011

## Little Athletics Chelsea

### Discus Rules

Extract from LA Vic Regulation 8, Section 10.6 Discus, October 2010

#### Spirit of Competition

##### LAC encourages athletes to:

**Participate**- be involved no matter what their level of performance is;

**Try their best**- athletes are competing against their own previous performances;

**Have fun**- if athletics is fun it is rewarding and they will continue to participate.

##### LAC encourages parents and Officials to:

**Be fair**- little athletics is children's sport and is about having fun not winning;

**Acknowledge effort**- athletics is very complicated and most athletes try their very best despite their performance;

**Think of safety**- athletics can be dangerous and children may not always be aware of the dangers around them;

**Seek assistance**- speak to a Committee member or Official for guidance or assistance.

#### Competition Rules for Discus

##### 10.6 DISCUS

##### 10.6.1 Weights and Age Groups

AGE GROUP (under)	NOMINAL WEIGHT
6, 7, 8	350g (see below)
9, 10	500g
11, 12 & G 13	750g
B 13, 14, 15, 16 & G 14, 15, 16	1000g

##### 10.6.2 General

**(a)** Athletes shall use the implements provided by LAC.

**(b)** Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

**(c)** The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials (see below).

**(d)** Once a competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials, with or without implements.

##### 10.6.3 Assistance to Athletes

**(a)** No device of any kind, the use of gloves or the taping of two or more fingers together, which in any way assists an athlete when making a throw, shall be permitted. The use of tape and/or a wrist support shall only be allowed when it does not encapsulate fingers or thumbs.

**(b)** An athlete shall not spray or spread any substance in the circle, on the discus or on the soles of their shoes.

**(c)** In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

##### 10.6.4 Competition

- (a) The discus shall be thrown from a circle. An athlete shall commence the trial from a stationary position.
- (b) The athlete shall not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line through the centre of the circle i.e. the rear half of the circle.
- (c) For a valid trial, the implement shall fall so that the point of impact is within the inner edges of lines 50mm wide, marking the sector.
- (d) If the discus hits the cage or similar object and deflects back inside the sector lines it is deemed a legal throw.
- (e) An athlete is allowed to touch the inside edge of the circle.
- (f) Provided that in the course of a trial the foregoing regulations have not been infringed, an athlete may interrupt a trial once started, lay the implement down and leave the circle before returning to a stationary position and beginning a the trial again.
- (g) After a throw has been completed, the discus shall be carried back to the circle and not thrown back.

#### 10.6.5 Failures

- (a) It shall be a foul throw and not allowed to count if, after the athlete has stepped into the circle and begun to make a throw, they touch with any part of their body, the rim of the circle or the ground outside (see CR: 3.16.4).

**Note:** "Body" does not include shoelaces, hats, hairpins etc.

- (b) On commencing the throw, if the discus slips/drops from the hand into the circle base it shall not be picked up to recommence the throw. This shall be a "no-throw".

#### 10.6.6 Landing Sector

- (a) The 34.92° landing sector shall be laid out accurately and conveniently by marking the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart (see Diagram 3). The ends of the lines marking the landing sector should be marked with suitable flags.

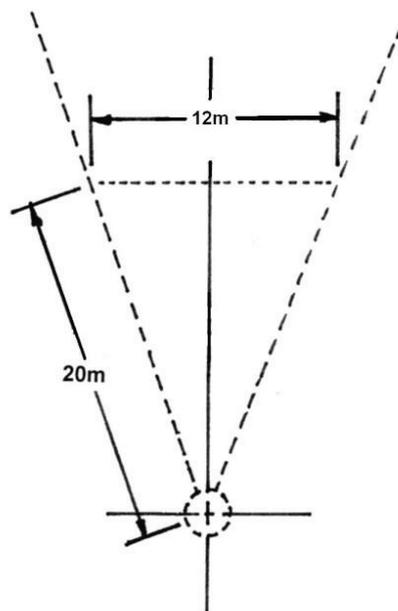


Diagram 3: Discus Landing Sector

**Local rules and variations for Discus at Little Athletics Chelsea**

**10.6.1**

Age groups under 6,7 and 8 to use the recommended discus weight 350g

**10.6.2**

**c)** The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials.

**Use of spikes in Discus at Little Athletics Chelsea**

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes shall not be worn in any age group in Discus