

## **THROWS – NCAA RULES & BRIEFING TO ATHLETES**

### **Discus, Hammer, Shot Put, Weight Throw, & Javelin**

(Rules 4-3, 6-1, 6-2, 6-4, 6-8, 6-9, 6-10, 6-11, 7-1)

*(Tailor these instructions to the competition)*

**(Also see detailed info in the USATF Throws Officials Manual / Monograph)**

1. Uniforms - You must wear an official team uniform at all times, and a competition number (4-3.1/4)
2. Athletes will not retrieve implements – only officials
3. Gloves & taping - No gloves or taping on hands except Hammer or to cover an open wound – must show me this before event; only chalk on the implement. Any substance on hands & neck – OK; support belt – OK; taping individual fingers – OK; Gloves OK for Hammer - must be smooth & fingers exposed; (6-8.2, 6-9.2, 6-10.2, 6-11.2)
4. Electronic audio or video devices - No devices of any kind (phones, radios, computers, iPods, etc.) in the event area.
5. Assistance - Throwers may be assisted or coached in the competition area only by another teammate in the event (if 5 or fewer teams & meet mgmt permits, coaches OK if not during an attempt). (4-3.11, 6-1.8)
6. Calls - The calls are “Up”, “On Deck”, and “On Hold”.
7. Time Limits - Your time limit is one minute; the clock starts when you’re called “Up”//when I remove the cone; there will/will not be a timing device to display your time. A yellow flag will be raised and a verbal warning given 15 seconds before the end of your time and lowered when it expires. (6-1.2/5)
8. Fouls - You have a foul if: (6-1.2, 6-8.3, 6.9.3, 6-10.4, 6-11.3)
  - a. You fail to initiate the attempt within one minute
  - b. You use an illegal method to throw, use an illegal implement
  - c. The implement lands on or outside the sector lines
  - d. You leave the circle//runway before the implement hits the ground, or leave from the front half of the circle//leave the runway ahead of the foul line arc and extended lines
  - e. You touch with any part of the body before the implement hits the ground: any surface of the metal band except the inside surface; the area outside the circle; for the SP - any surface of the stopboard except the inside surface; for the javelin – any surface of the foul line, the run-up lines, or surfaces outside those lines
  - f. Wear any illegal device or taping on the throwing hand, thumb or fingers
9. Flights - We'll run one//two flights (max: 16). We'll take 8//9 to the finals. In the prelims, each athlete takes 3 throws; finals will be 3 throws in reverse order of performance in the prelims. (6-2.3,6-4.2)
10. Warm-ups - \_\_\_ minutes for general warm-ups, then \_\_\_ for the first flight and before each following flight (max 15 min.), and \_\_\_ before the finals (6-1.11)
11. Markers - One marker may be placed on the ground behind or adjacent to the circle during your attempt; max 7x15 cm, no shoes (6-1.9)
12. You may cross the track during warm-ups but not after the start of running events//during the competition (6-1.8); escorts are//are not required; you may//may not leave the area before the end of the event.
13. Please direct any questions only to the Flight Coordinator or to me. Any questions now? Introductions ... Good luck gentlemen/ladies!! Competition will begin in \_\_\_ minutes

#### Additional Information

- Other competitors implements – may be used only with their permission (6-1.12)
- No warm-ups in the ring/on runway after the competition begins (6-1.11)
- Shot Put – no cartwheeling technique (6-8.1)
- Discus - a throw is valid even if the discus touches the cage (6-9.3)
- Javelin – must land head first, head must land in sector (tail can land outside) (6-10.1)
- Hammer - a throw is valid even if the hammer touches the cage, the head of the hammer may touch the ground outside the circle before or during the swings, the head must land completely within the sector (wire and handle can land outside) (6-11.3)
- Resolving ties: ties are resolved by the second-best performance of the tying throwers; if still tied, then by third-best performance, and so forth (7-1.5)
- An insert to convert to a 2.135 m circle must be metal or extremely rigid material (1-7.5)