

THROWS – USATF INSTRUCTIONS TO ATHLETES & RULES

Discus, Hammer, Shot Put, & Javelin

(Rules 143, 144, 159, 180, 187, 188, 191, 193)

(Tailor these instructions to the competition)

1. Competition numbers must be worn, - either one or two, as issued. (143.4/5)
2. Athletes will not retrieve implements – only officials
3. Gloves are not allowed (except for for Hammer & Weight - must be smooth & fingers exposed); cannot tape fingers together. Substances to improve grip OK on hands for all events, on hands & shot for Shot Put, and on gloves for the Hammer. (187.3)
4. Assistance – You may not be assisted or coached in the competition area, and may not leave the competition area or cross the track to speak with a coach. Audio, video, or communication devices of any type are not permitted in the competition area (144.3/5, 159). Escorts are//are not required to leave the area for the restroom; you may//may not leave the area before the end of the event.
5. Calls - The calls are “Up”, “On Deck”, and “On Hold”.
6. Time Limits - Your time limit is one minute (2 min. consecutive trials); the clock starts when you’re called “Up” a second time//when I remove the cone; there will//will not be a timing device to display your time. A yellow flag will be raised for a warning 15 seconds before the end of your time and lowered at the expiration of time (180.8d)
7. Fouls - You have a foul if: (180.8d, 187, 191, 193)
 - a. You fail to initiate the attempt within one minute
 - b. In throws form a circle, you fail to start the attempt from a stationary position
 - c. You use an illegal method to throw, use an illegal implement
 - d. The implement lands on or outside the sector lines
 - e. 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
 - f. You touch with any part of the body before the implement hits the ground: the surface outside the circle; the top of the metal band, the stopboard or the painted circle area; for the javelin – any surface of the foul line, the run-up lines, or surfaces outside those lines
 - g. Wear any illegal device or taping on the throwing hand, thumb or fingers
8. Flights - We’ll run one//two flights. If no prelims, each thrower takes 4//6 throws; if prelims - each takes 3 throws with 8//9 to the finals. Finals will be 3 throws in reverse order of performance in the prelims. Use 1 flight if 15 or fewer throwers. Combined events: three trials only. (180.4/7, 200.3)
9. Warm-ups - ___ minutes for general warm-ups, then ___ for the first flight and before each following flight, and ___ before the finals. 2 warm-up throws, in competition order//only 2 warm-up throws per turn in the circle (180.6/.13)
10. Markers - One marker may be placed on the ground behind or adjacent to the circle during your attempt (180.3)
11. Is anyone competing in another event? If so, let me know several minutes before departing – we can get you a jump out of normal order for the round; if not present for subsequent trials it will be deemed to be a pass (180.8)
12. Any protests - let me know immediately. Please direct 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 – become competition implements for use by all (187.10)
- No warm-ups in the ring/on runway after the competition begins (180.13)
- Shot Put – no cartwheeling technique (188)
- Javelin – must land head first, head must land in sector (tail can land outside) (193)
- Hammer - 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) (191)
- 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 (180.14)