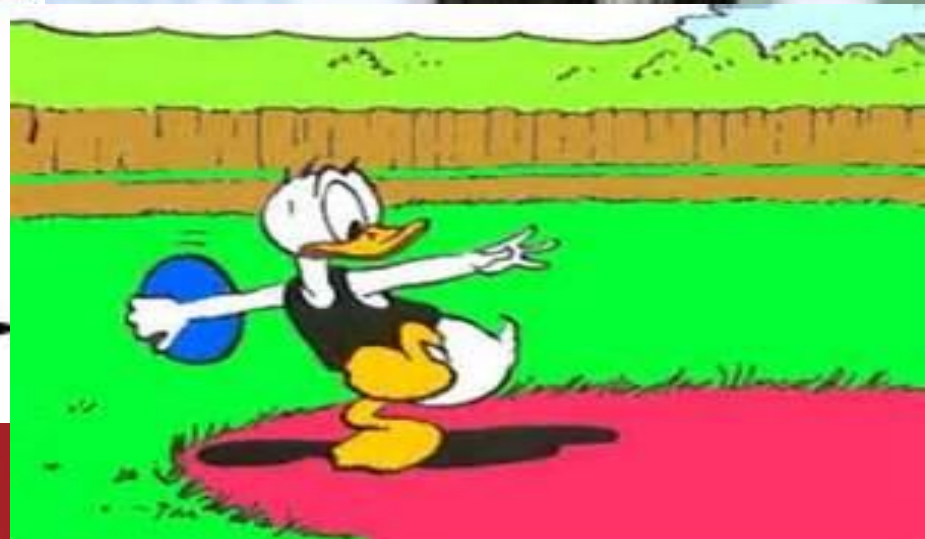


Throwing Events



WARM-UP TRIALS

How many:

Throwing Events: **1 2 3 many**

In throwing events the practice trials will be in draw order. Once the competition begins no further practice trials are allowed, not the use of the runways, circles, implements for warm-up purposes.

Throwing Events – Slide 28/1



- one marker only may be used for circle throws. It must be placed (for the duration of the athlete's own trial) on the ground immediately behind or adjacent to the circle.

- athletes may use markers during throwing competitions as follows:
 - one or two markers for javelin competitions. These markers should normally be provided by the organisers not the athletes themselves



Overview of Event Rules – common to all Throwing Events



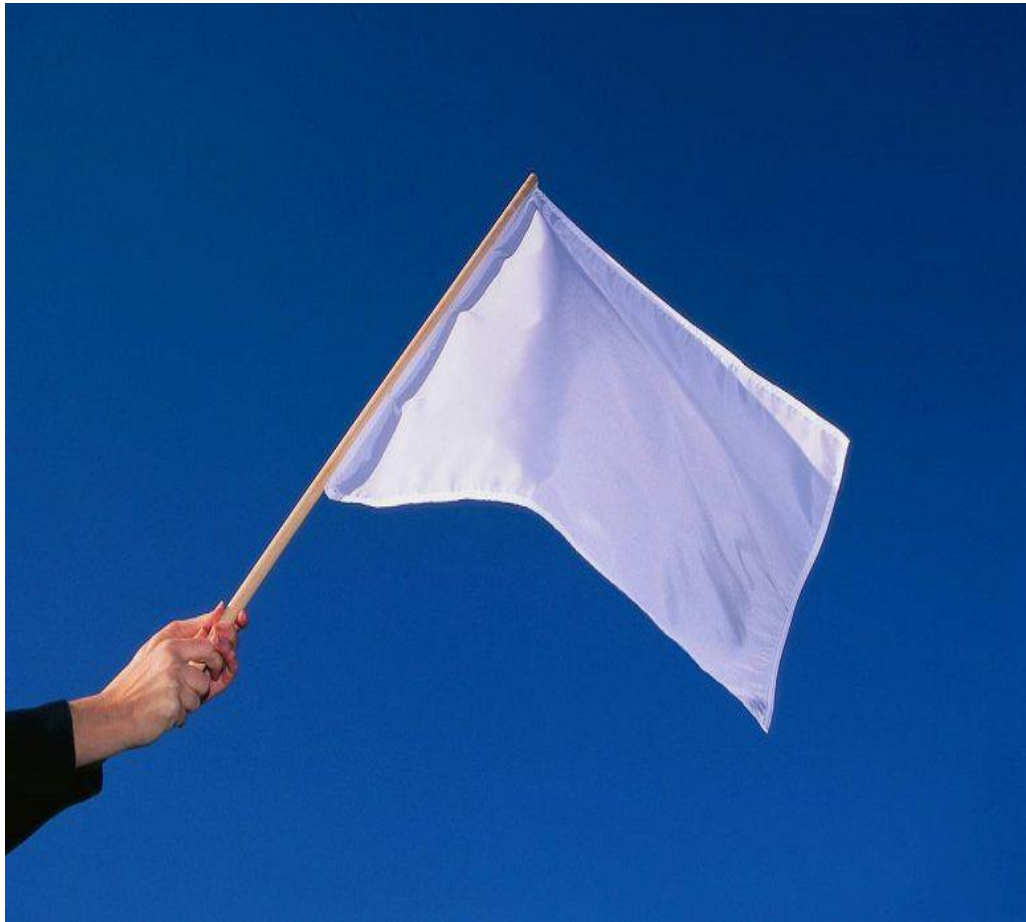
- Competing order: athletes shall compete in a random draw
 - where athletes are competing in more than one event at the same time, the referee may alter the order within that set of attempts
 - in competitions of more than three rounds of trials, an athlete may only be allowed to take a trial in a different order in the rounds before the final round.

Overview of Event Rules – common to all Throwing Events

- Absence: athletes may with the permission of and accompanied by an official leave the competition area for other purposes during an event
 - this should normally be organised in such a way as to not require a change in the competing order (see also above*)
 - if, as a result, an athlete is not present when his/her name is called, the trial would be deemed a pass



Overview of Event Rules – common to all Throwing Events



- the relevant judge shall not raise the white flag to indicate a valid trial until the trial is completed
- in throwing events a trial is “completed” when the athlete has left the circle or runway in the manner required by Rule 187.17

Throwing Events – Slide 28/3

- a trial begins when the relevant official indicates to the athlete that all is ready for his/her trial and the time begins to run from that moment:

- in throwing events, this is normally when the landing area has been cleared from the previous trial, the implement returned and in the case of the javelin and shot put, the judge removes the “cone” placed on the runway or circle respectively
- if after a trial has been signalled to commence an athlete decides not to take it, it shall be recorded as a failure once the time limit expires
- if an athlete begins a trial before the time expires, the trial should not be disallowed for that reason
- if an athlete has not commenced a trial before the time expires, then normally the trial will be recorded as a failure unless the referee determines that special circumstances apply



Overview of Event Rules – time allowed for trials in Throwing Events

The time allowed for each trial in throwing events is as follows:

	More than 3 athletes	2 or 3 athletes	Consecutive trials by any athlete
Shot Put	1 min	1 min	2 mins
Discus	1 min	1 min	2 mins
Hammer	1 min	1 min	2 mins
Javelin	1 min	1 min	2 mins

Note: that a yellow flag should be raised by the relevant judge when 15 seconds is left for the trial. If a visual clock is available this is still required.

Overview of Event Rules – Number of Trials in Throwing Events



- Before the competition, the Chief Judge will advise the athletes of the order in which they will compete :
 - for small competitions this is normally three trials
 - for championships and many larger events this is normally three trials, followed by a further three trials for the best eight placed athletes after the first three rounds
 - in both cases no athlete may have more than one trial in each round of the competition
- where there are 8 or fewer athletes, all athletes will have 6 trials, whether or not the athlete makes a valid trial during the first 3 rounds
 - where there are more than 8 athletes, only those who make at least one valid trial during the first 3 rounds can be considered to be in the top eight, even if this means that there will be less than 8 athletes participating in the final 3 rounds
 - if 2 or more athletes are in equal position for the last qualifying place, Rule 180.22 applies



Overview of Event Rules – Conduct of Throwing Event Competitions

- the order of competition will be changed after round 3, so that the athletes compete in rounds 4, 5 and 6 in the reverse order of their placing in the event at the end of round 3
- where there are 8 or less athletes, and one or more have not recorded a valid trial at such stage of the event, they will throw first, and if more than one in the original draw order
- in either case, if an athlete is allowed to continue to compete under protest, he/she will compete first and if more than one - in the original draw order



Overview of Event Rules – Result of a Throwing Events Competition

Fail trial - indicated by the symbol
“X”

Pass trial - indicated by the symbol
“-”

Failed to make a valid trial during the competition - the symbol **“NM”**

Failed to participate at all in the competition - the symbol **“DNS”**

in both such cases, the athlete will not be allocated a placing in the final result and the symbol “-” should be placed next to the name in the placing column of the result sheet



Throwing Events – Slide 28/9



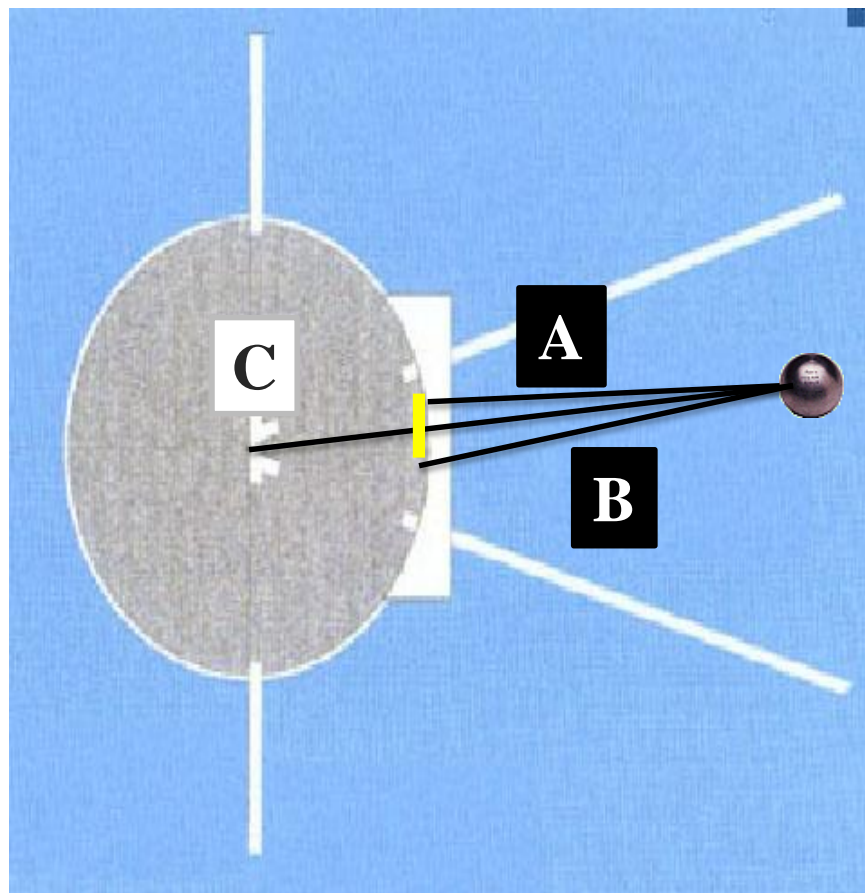
Where any two or more athletes have the same final result:

STEP 1 – the athlete with the second longest put or throw shall be awarded the higher placing; then if the placings for any position are still the same;

STEP 2 – the athlete with the next longest put or throw (and so on, if necessary) shall be awarded the higher placing

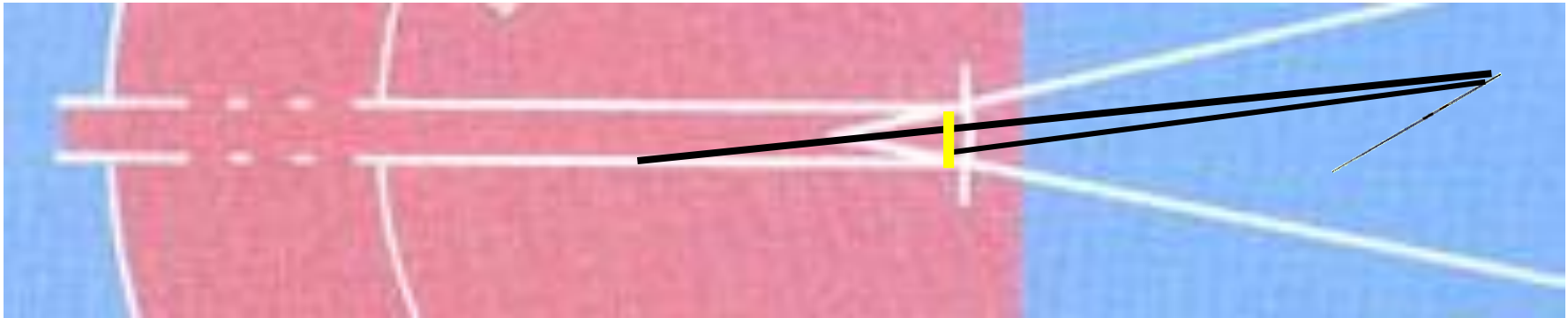
WORLD UNDER 18 CHAMPIONSHIPS DISCUS THROW FINAL - BOYS					15 July 2015		National Stadium		19:00hrs	
Name	Round 1	Round 2	Round 3	Best		Round 4	Round 5	Round 6	Best Throw	Place
Ali	63.24	70.91	44.36	70.91	1/8	X	X	X	70.91	2
Ben	70.32	X	--	70.32	3/6	70.91	69.23	68.07	70.91	1
Chip	64.45	63.32	63.11	64.45	5/4	60.01	62.59	63.51	64.45	5
Dai	X	X	X	ND	-/1	--	--	X	ND	--
Evan	70.66	70.32	X	70.66	2/7	69.44	59.23	69.99	70.66	3
Finn	X	57.42	58.31	58.31	7/2	49.09	58.31	50.77	58.31	6
Gus	58.31	57.42	39.42	58.31	6/3	44.06	32.99	X	58.31	7
Han	67.88	66.12	59.45	67.88	4/5	63.92	67.89	65.00	67.89	4

Overview of Event Rules – Measurement of Performances



- In major competitions all measurements shall be made with a calibrated and certified steel tape or bar or scientific measuring device. In other competitions fibreglass tapes may be used.
- The measurement of each trial shall be made immediately after the athlete has left the circle or runway as required and the judge has signalled a fair trial by raising the white flag:
 - it shall be made in whole centimetres. It shall be recorded to the nearest 0.01m below the distance is not a whole centimetre
 - for the circle throws, it shall be made along a straight line to the centre of the circle, from the nearest mark to the circle made by the fall of the shot, discus or hammer head in the landing area (“zero end”) to the inside of the circumference of the circle

Overview of Event Rules – Measurement of Performances



for the javelin, it shall be made along a straight line to the 8 metre “mark” in the centre of the runway, from the nearest mark to the runway made where the tip of the javelin first struck the ground in the landing area (“zero end”) to the inside edge of the throwing arc

Overview of Event Rules – common to all Throwing Events

- the referee may award any athlete a replacement trial if he/she believes the athlete was obstructed, hampered or otherwise did not receive fair conditions when making their trial or the trial was not correctly recorded
 - unless the competition has progressed at the time, no change in the order is permitted

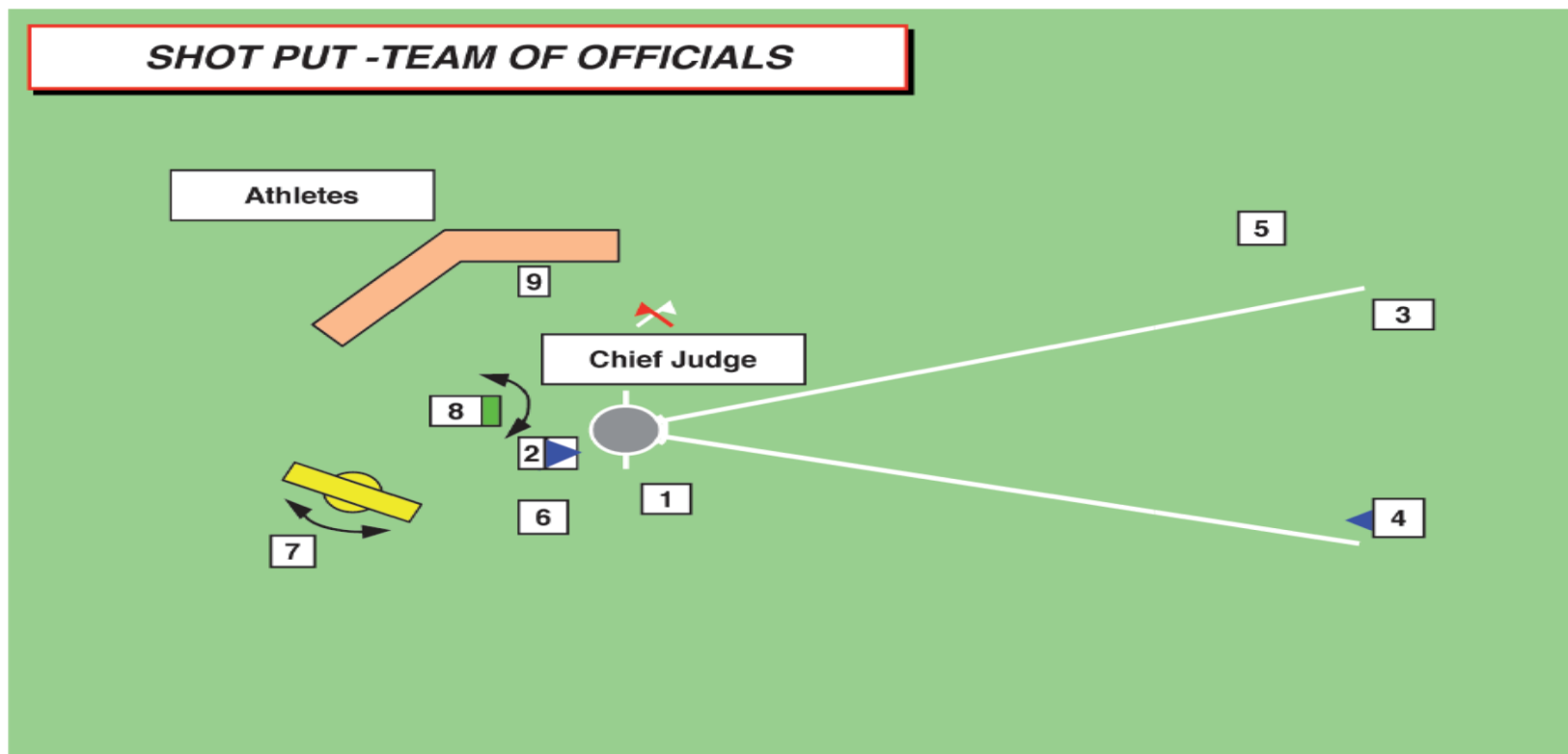


Overview of Event Rules – common to all Throwing Events

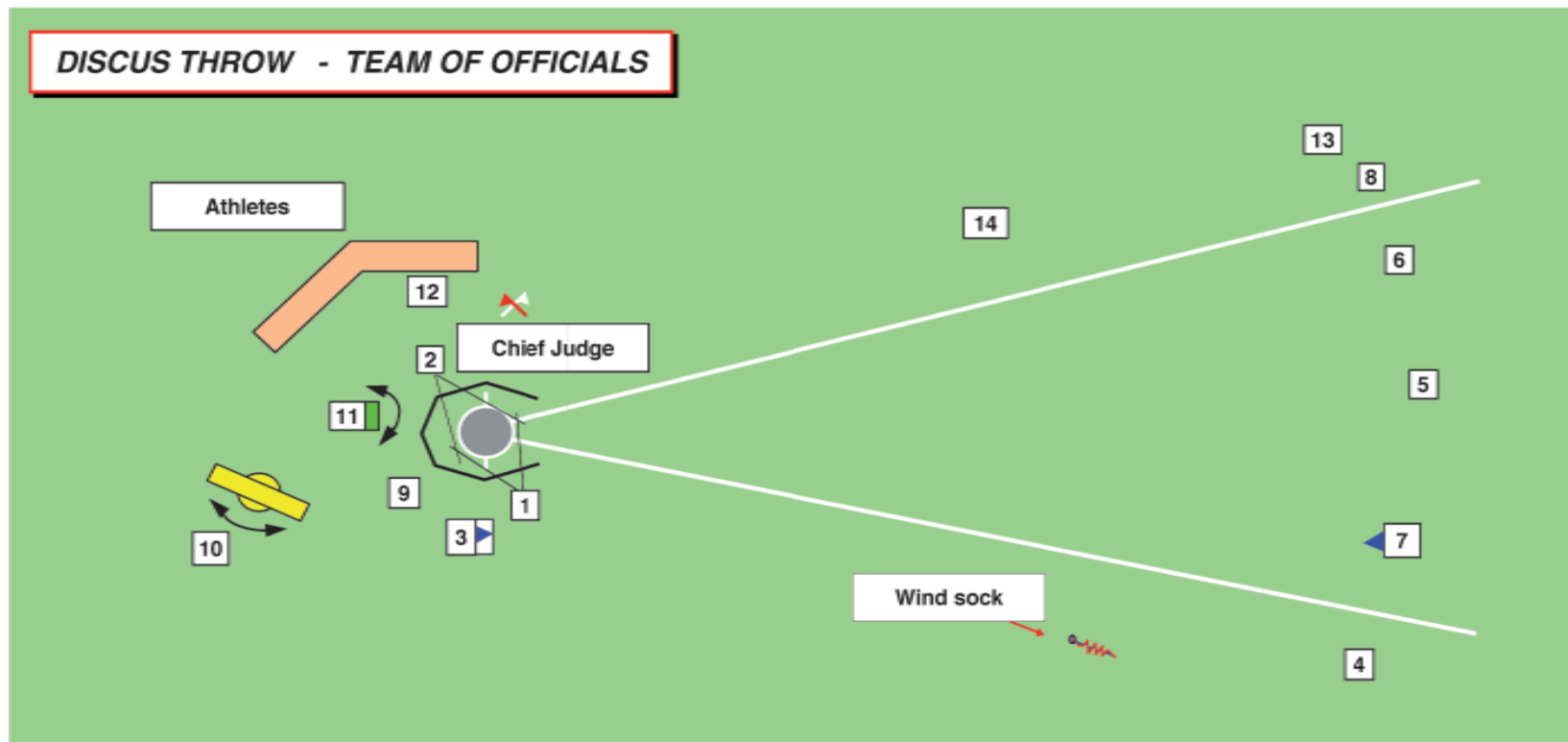
- after each throw in competition, the implement must be carried back (either by hand or machine) to the circle or runway. Implements must never be thrown back. The same principle applies during the practice trials, although then it is common for a number of implements to be thrown before collection and return.



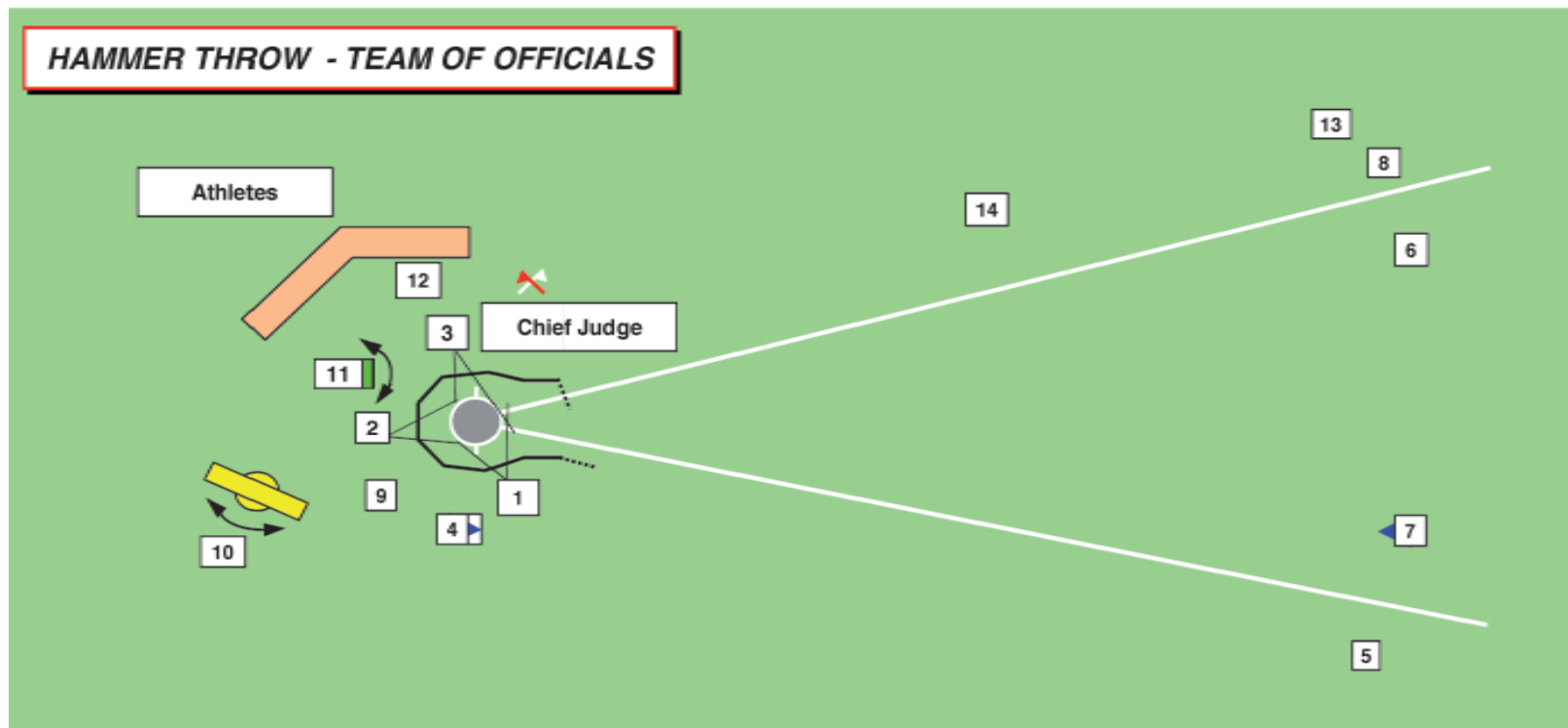
Layout of Event Site and Positions of Judges – Shot Put



Layout of Event Site and Positions of Judges – Discus Throw



Layout of Event Site and Positions of Judges – Hammer Throw

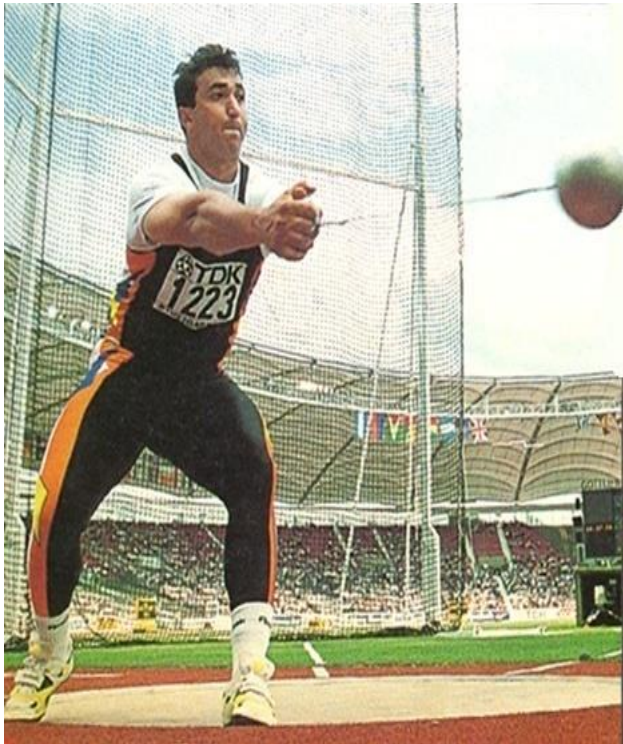


Overview of Event Rules – Style of Putting and Throwing



- “Style” of putting
 - the shot put is the most strictly controlled event in terms of style, in order for the athlete to remain with the rules. Whilst standing, gliding and most rotational techniques are all permitted, athletes using any of them must comply with the various rules relating to style:
 - the shot must be put from the shoulder with one hand only
 - when beginning the put, the shot shall touch (or be in close proximity) to the neck or chin
 - the hand shall not be dropped below this position during the put
 - the shot shall not be taken behind the line of the shoulders during the put
 - there is also a prohibition of cart-wheeling at any time

Overview of Event Rules – Style of Putting and Throwing



- “Style” of throwing for discus and hammer
 - on the other hand there are no specific “style” requirements for the discus or the hammer throw. Both stationary and rotational styles are therefore common, depending on the level of competition.
 - for safety reasons, both the discus and the hammer are thrown from a cage. If a cage is not available or it does not fully comply with the requirements, careful consideration should be given to whether, at all, or if so in what circumstances a competition is conducted.

Overview of Event Rules – Entering and Leaving the Circle



- Entering the Circle

- there are no requirements as to how the athlete must enter the circle
- once in the circle the athlete must adopt a stationary position before commencing the trial.
- the athlete is permitted to touch the inside rim of the circle, and in the case of the shot put, the inside of the stop board.

Overview of Event Rules – Entering and Leaving the Circle

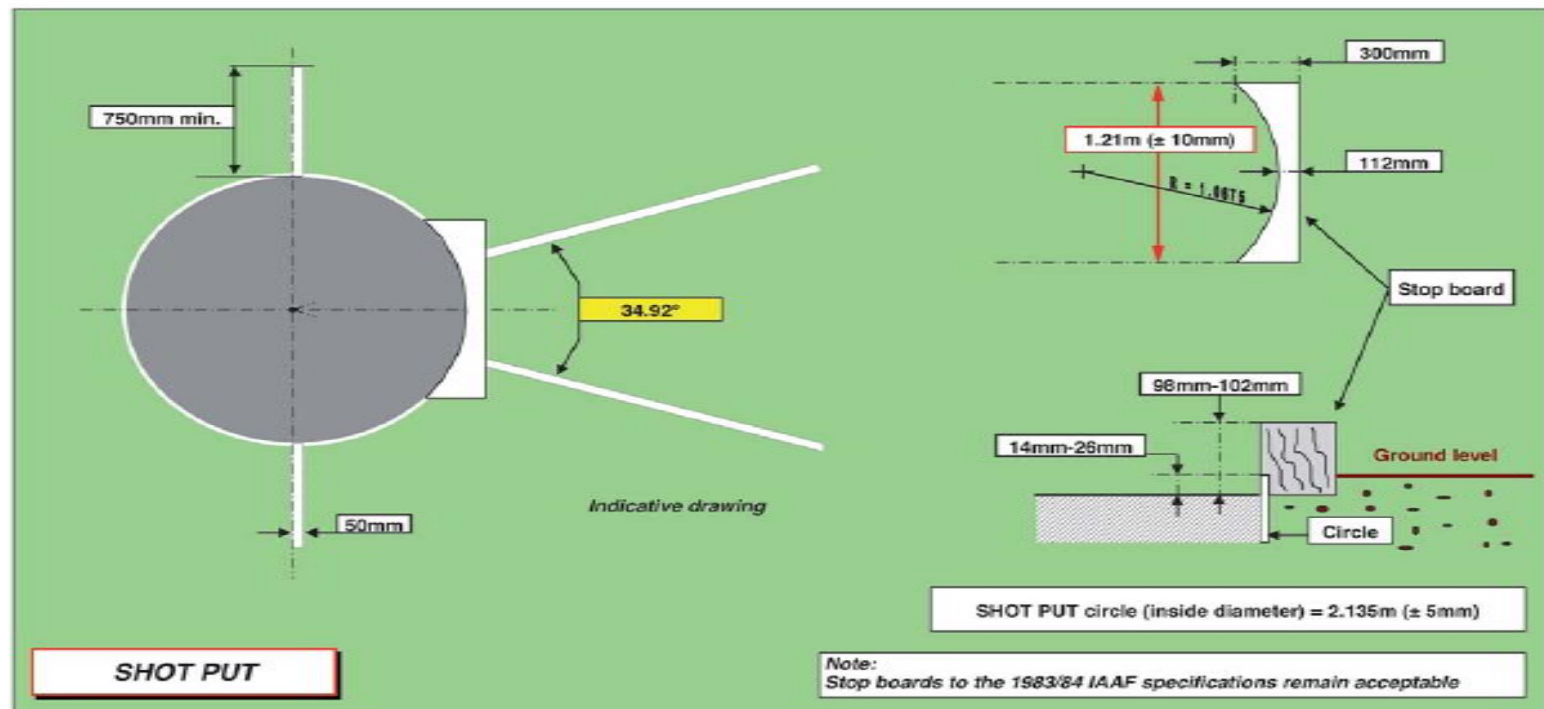
- Leaving the Circle

- for a valid trial the athlete must not leave the circle until the implement has landed
- then, he/she must ensure that his/her first contact with the top of the rim or the ground outside the circle is completely behind the white line drawn theoretically through the centre of the circle
- note: that there is no white line drawn through the circle. In order to assist athletes and judges this is normally represented by two white lines placed on either side of the centre of the circle
- there is no requirement for the athlete to be “under control” before leaving the circle. The only requirements are that the implement has landed and that the first contact is behind the centre line



Overview of Event Rules – Entering and Leaving the Circle

Note the layout of the white lines either side of the circle.



When leaving the circle the athlete's first contact with the top of the rim or the ground outside must be completely behind one of these lines (or their extension)

Overview of Event Rules – Shot Put

- Summary of main reasons for a trial being declared a failure in shot put:
 - infringes the “style” rules
 - puts with two hands
 - fails to place the shot in close proximity to the neck or chin at beginning of put
 - drops the hand OR takes the shot behind the line of the shoulder during the put
 - fails to commence the put from a stationary position inside the circle



- after stepping into the circle to make the put, any part of the body touches the top of the rim or the ground outside the circle OR any part of the stop board other than its inner side
 - fails to leave the circle correctly OR before the implement has landed

Overview of Event Rules – Shot Put



- Summary of main reasons for a trial being declared a failure in shot put:
 - if the shot in contacting the ground when it first lands touches the sector line or the ground outside
 - infringes the “assistance” rules
 - illegal taping on the hands [any taping must be checked by the chief judge]
 - uses a glove on the throwing hand
 - sprays or spreads any substance on shoes or the circle, or roughens the circle
 - exceeds the time limit allowed for his/her trial
 - breaches the clothing or footwear rules



Overview of Event Rules – Discus Throw

- Summary of main reasons for a trial being declared a failure in discus throw:
 - fails to commence the throw from a stationary position inside the circle
 - after stepping into the circle to make the throw, any part of the body touches the top of the rim or the ground outside the circle
 - fails to leave the circle correctly OR before the implement has landed
 - if the discus in contacting the ground when it first lands touches the sector line or the ground outside
 - infringes the “assistance” rulesillegal taping on the hands [any taping must be checked by the chief judge]
 - uses a glove on the throwing hand
 - sprays or spreads any substance on shoes or the circle, or roughens the circle
 - exceeds the time limit allowed for his/her trial
 - breaches the clothing or footwear rules

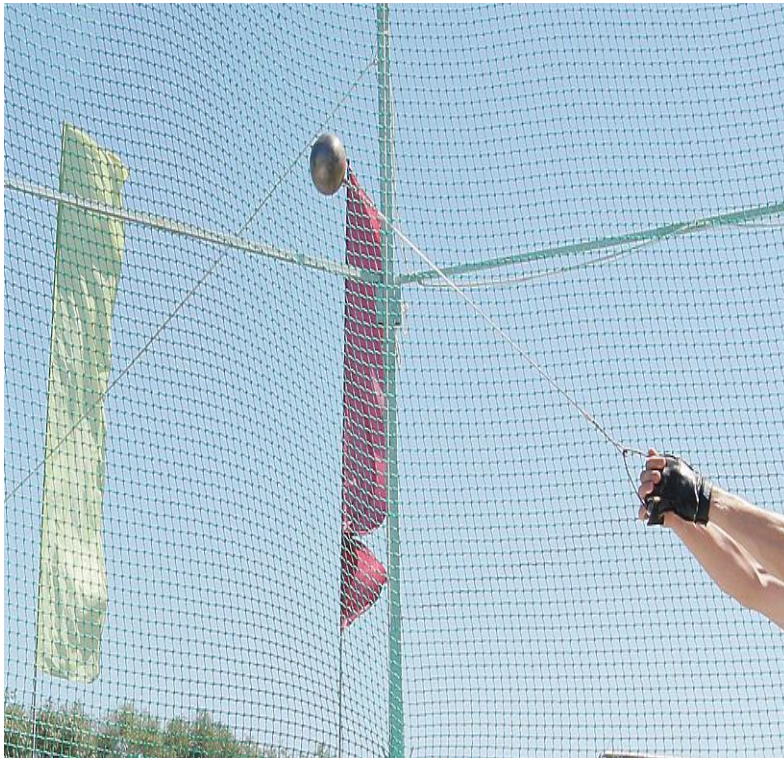
Overview of Event Rules – Hammer Throw

- Summary of main reasons for a trial being declared a failure in hammer throw:
 - fails to commence the throw from a stationary position inside the circle
 - after stepping into the circle to make the throw, any part of the body touches the top of the rim or the ground outside the circle
 - fails to leave the circle correctly OR before the implement has landed
 - if the hammer head in contacting the ground when it first lands touches the sector line or the ground outside
 - infringes the “assistance” rules,
 - illegal taping on the hands [any taping must be checked by the chief judge]
 - uses gloves which does not comply with the rules
 - sprays or spreads any substance on shoes or the circle, or roughens the circle
 - exceeds the time limit allowed for his/her trial
 - breaches the clothing or footwear rules

Overview of Event Rules – Circle Throws

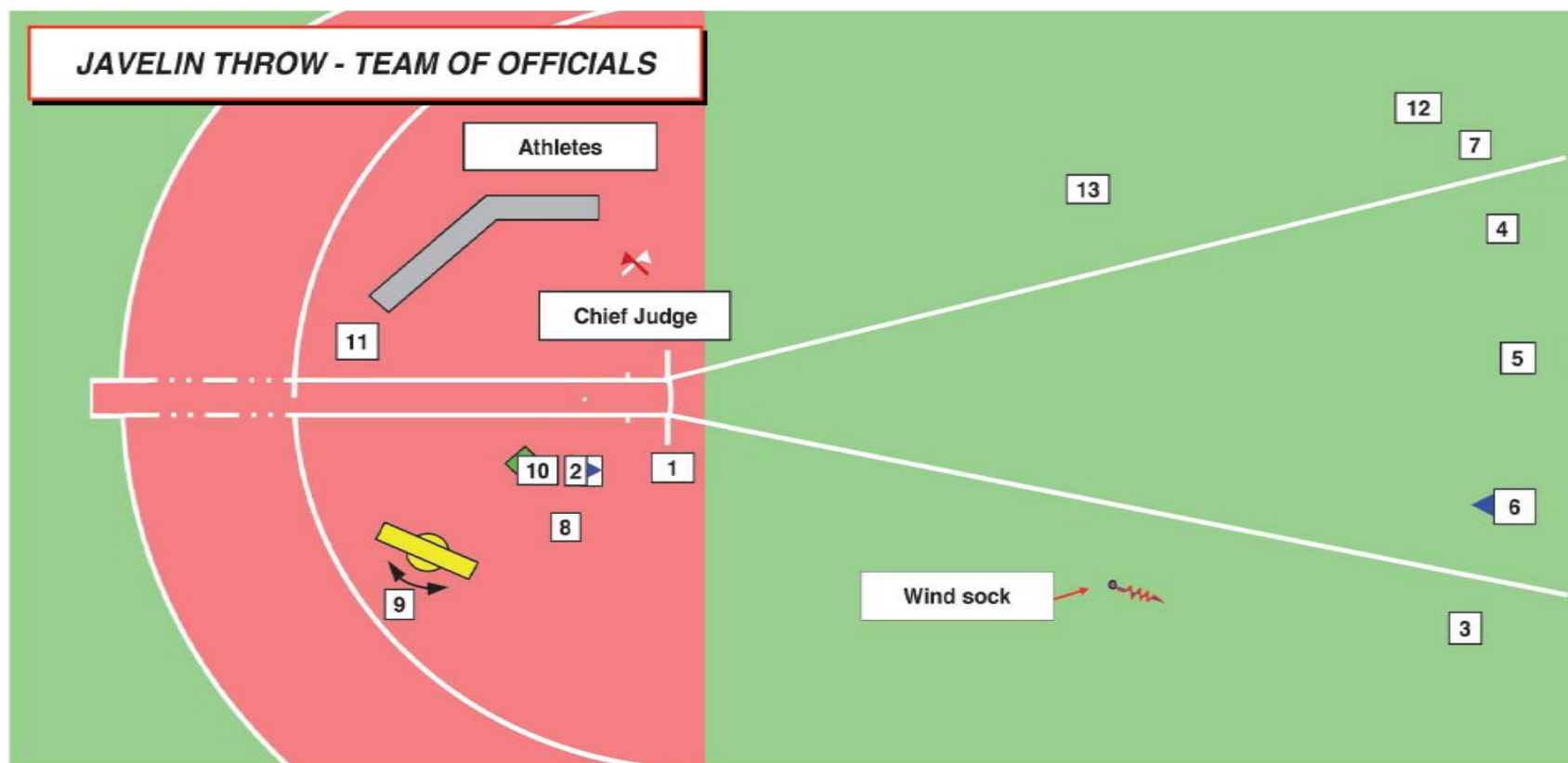
- Note the following other matters relating to the conduct of the Circle Throws:
 - Athletes may:
 - in most competitions submit their own implements for use provided that the model is not already provided and it is checked and accepted by the organisers
 - use any personal implement accepted into the equipment pool for a competition, whether provided by themselves or any other athlete
 - use taping on their hands and fingers provided it is approved by the chief judge
 - put a suitable substance on their hands, neck or gloves to get a better grip
 - (in the shot put and discus) place chalk or the like on the implement
 - (in the hammer) allow the hammer head to touch the ground inside or outside the circle prior to commencing or during the throw
 - interrupt a trial once started and begin it once again, provided time remains available within the limit for the trial and no other rule has already been infringed
 - the athlete may place the implement down if they wish
 - the athlete may leave the circle if they wish but must do so correctly

Overview of Event Rules – Circle Throws



- Note the following other matters relating to the conduct of the Circle Throws:
 - It is not a failure, if the hammer or discus hits the cage before landing correctly within the sector
 - It is not a failure, if during the throw, the implement breaks.

Layout of Event Site and Positions of Judges – Javelin Throw



Overview of Event Rules – Style of Throwing



- “Style” of throwing for javelin
- the javelin must be held at the grip by one hand only (although there is no prohibition on the other hand being used to steady the implement)
- the javelin must not be slung or hurled and must be thrown over the shoulder or the upper part of the throwing arm
- until the javelin is released the athlete may not turn around so that his/her back is towards the throwing arc. It does not prevent an athlete who re-starts their run from turning around to walk back .

Overview of Event Rules – Style of Throwing

- Safety
 - javelin competitions have no protective barrier at the throwing end
 - however this should not lead officials to think that the javelin is not as dangerous as an event. Unfortunately probably more accidents occur during javelin training, warm-up, practice trials or competition than the other events because there is not sufficient attention to safety matters. The javelin is a potentially fatal implement and must be treated with the greatest respect and caution.



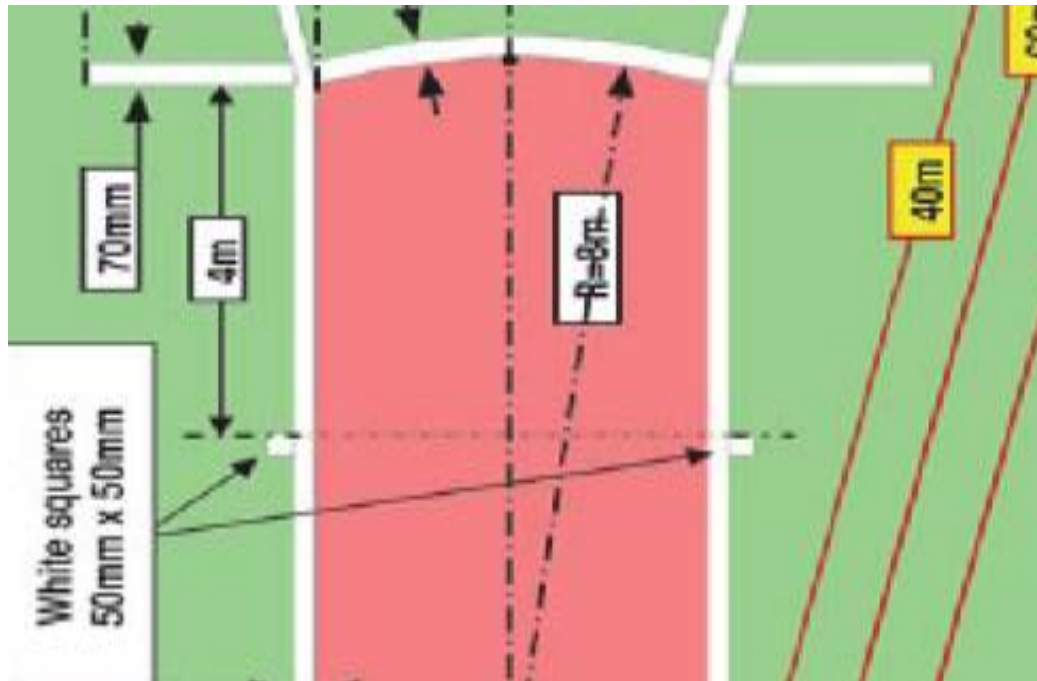
Overview of Event Rules – Entering and Leaving the Runway

- Entering the Runway
 - however, once he/she begins to make his/her trial, the athlete may not touch the lines which mark the runway or the ground outside. Note that this applies only to the athlete's body and not for example the tail of the implement.
- Leaving the Runway
 - there are requirements for leaving the runway, somewhat different from the circle throws, .
 - again first, for a valid trial the athlete must not leave the runway until the implement has landed
 - then, he/she must ensure that his/her first contact with the runway sidelines or the ground outside the runway is completely behind the white lines drawn from the end of the throwing arc
 - alternatively, the athlete is deemed to have left the runway correctly upon making contact with a theoretical line drawn between markers 4m back from the end points of the throwing arc



Overview of Event Rules – Entering and Leaving the Runway

Note the layout of the white lines either side of the runway.



When leaving the runway the athlete's first contact with the sidelines or the ground outside must be completely behind one of these lines OR he/she must have made contact with a point on the runway on or behind the "4m" marker line.

Overview of Event Rules – Javelin Throw

- Summary of main reasons for a trial being declared a failure in javelin throw:
 - infringes the “style” rules
 - throws without holding the javelin at the grip
 - slings or hurls the javelin or does not throw it over the shoulder or the upper part of the throwing arm
 - turns completely around so that the thrower’s back is towards the throwing arc
 - after stepping onto the runway to make the trial, any part of the body touches the sidelines or the ground outside
 - fails to leave the runway correctly OR before the implement has landed
 - if the head of the javelin does not touch the ground before any other part of the implement
 - if the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside
 - infringes the “assistance” rules, ie use of illegal taping on the hands [any taping must be checked by the chief judge] or a glove on the throwing hand
 - exceeds the time limit allowed for his/her trial
 - breaches the clothing or footwear rules

Overview of Event Rules – Javelin Throw

- Note the following other matters relating to the conduct of the Javelin:
 - Athletes may:
 - in most competitions submit their own implements for use provided that the model is not already provided and it is checked and accepted by the organisers
 - use any personal implement accepted into the equipment pool for a competition, whether provided by themselves or any other athlete
 - use taping on their hands and fingers provided it is approved by the chief judge
 - put a suitable substance on their hands to get a better grip
 - interrupt a trial once started and begin it once again, provided time remains available within the limit for the trial and no other rule has already been infringed
 - the athlete may place the implement down if they wish
 - the athlete may leave the runway if they wish but must do so correctly

Overview of Event Rules – Javelin Throw

- Note the following other matters relating to the conduct of the Javelin:
 - It is not a failure, assuming no other rule is infringed up to that point in the trial, if during the throw, the implement breaks. A new trial should be awarded. In normal circumstances this rule would not be applied if the implement breaks only on landing.
 - If as a result of the breakage, an athlete loses his/her balance and thereby infringes the rules, once again, a new trial should be awarded.

