

## HELPING NOTES FOR THROW EVENTS – 2024

### ALWAYS BRING A RULE BOOK

#### ALL THROWS – SHOT, DISCUS, JAVELIN – ALWAYS BE AWARE OF SAFETY

1. Implement must land before exiting venue
2. One minute after being called up unless two consecutive attempts back to back than 2 minutes
3. No illegal implement in warm up or competition
4. No two fingers taped together
5. Must pause before start of motion
6. Warmups only with official at venue – not tossed around outside of venue during competition.
7. May use chalk or rosin – no gloves
8. Ties are broken with second best effort
9. Implement hits vector line or outside of vector line – foul
10. Check implements for lose parts or breaks

#### SHOT PUT

1. Boys shot – 12# or 5.443kg ----girls shot 8.818# or 4.0kg
2. Measured to lesser centimeter
3. Seven-foot ring with stopboard
4. Shot not to drop below or behind shoulder during put
5. 34.92-degree vector – 20 meters out vector should be 12 meters apart
6. Must exit back half of ring – may enter any where

#### DISCUS

1. Boys discus – 3.527# or 1.7kg ---- girls discus 2.205# or 1kg
2. Must have a cage
3. Measured to lesser centimeter
4. May use rubber discus with no chunks missing
5. Eight foot 2 ½ inch ring
6. 34.92-degree vector – 20 meters out vector should be 12 meters apart
7. Must exit back half of ring – may enter any where

#### JAVELIN

1. Foul if 360 degrees turn in throw
2. Alley is 4 meters wide – measure point is 8 meters back from foul line and corners of alley
3. Part of hand much be on grip, throw must be over arm
4. Boys javelin – 1.764# or 800 g –260 to 270 cm long (8'6 3/8 to 8'10 5/16) - grip 15 to 16 cm
5. Girls javelin – 1.323# or 600 g – 220 to 230 cm long (7'2 5.8 to 7'6 9/16) - grip 14 to 15 cm
6. Balance at center point- in grip
7. Must be in carrying case
8. Measured to lesser centimeter