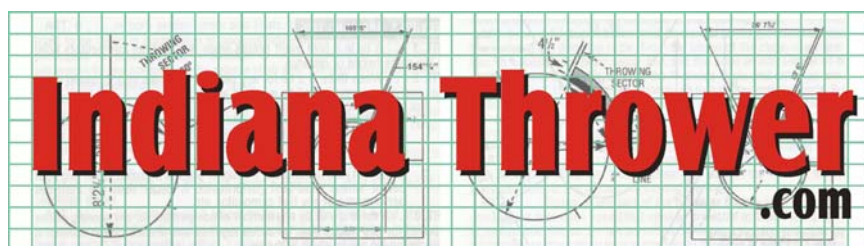


Throwing Rules for High School



Throwing Event Rules

- Once the official calls your name you have one minute to start the throw
- Enter any part of the ring
- The thrower must come to a pause after entering the ring
- The thrower completes the throw
 - Implement lands within sector lines and the official yells “Mark”
- The thrower pauses in the circle and then exits the back half

Common Reasons a Throw is Fouled

- The thrower touches outside the ring or on top of the ring or toeboard
- The implement lands on the sector lines
- The thrower has two or more fingers taped together
- The thrower forgets to exit out of the back half of the ring
- Using electronic devices
- The thrower is wearing jewelry
- The thrower has a uniform violation

Misconceptions

- **The thrower must enter the back half of the ring if they don't it is a foul- NOT TRUE**
- **If the thrower takes a towel into the ring and the throws the towel out of the ring it is a foul – NOT TRUE**
- **If the throwers shoelace lands on the toe board it is a foul – NOT TRUE**
- **The discus is measured to half inch – NOT TRUE**

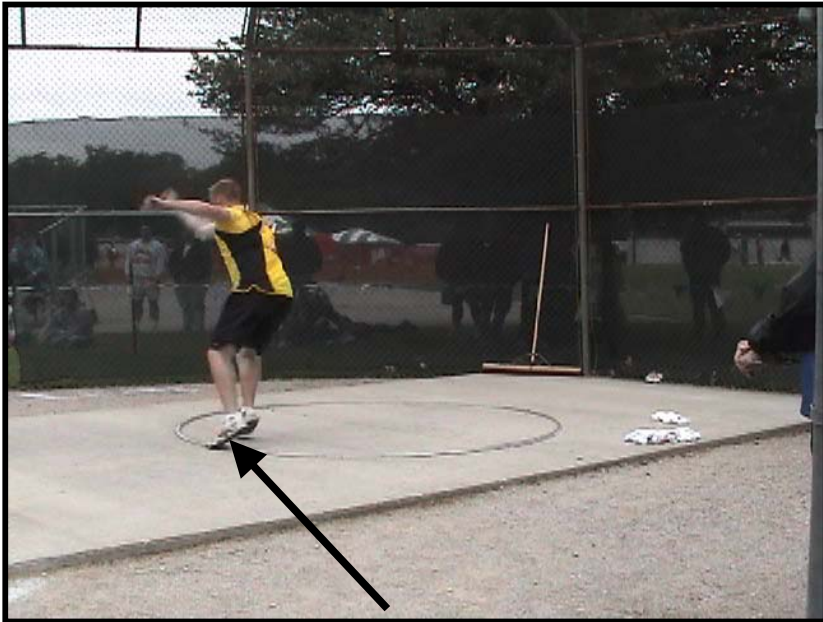
Read the NFHS rule book and case book for further explanation

Measuring Throws

- The official out in the field for the shot will place the tape measure (zero end) on the edge of the indentation nearest the toe board
- In the discus the official will place the tape on the edge of the indentation nearest the ring also
- Pull the tape through the center of the circle taught
- The shot is measured to the nearest lesser $\frac{1}{4}$ inch on the inside of the toe-board
- The discus is measured to the nearest lesser inch



Photos of Rule Violations



Foot Foul



Illegal Taping



Uniform Violation



Jewelry Violation

Implement Inspection

- **Shot**

- No flat spots
- 12 lb for boys and 4kg girls



- **Discus**

- Rim must be smooth no indentations
- 1.6 kg for boys and 1 kg for girls



Safety

- Never turn your back to the thrower
- Thrower should make sure area is clear
- Stay behind thrower while they are throwing – never stand to the sides

Running a Meet

- Break throwers up into flights of no more than 8
- 30 minutes of general warmup
- 10 minutes between flight warm-up
- Invites – 3 throws then finals(3 more) – take one more than is placing- reverse order (worst to best)
- Week day meets – 4 throws
- The bare minimum of officials to run the throwing events is 3 (head official, tape in field and pull through)
- No practicing after event is contested
- Coach or official must be present for competition and warmup