



New Hampshire Track Officials Association

# Throws: Shot Put, Discus, Javelin

# Officiating Throws

## Before the Competition

- Inspect landing area (shot, discus, javelin)
- Inspect throwing circles (shot, discus), javelin runway
- Confirm sector(s) are marked properly
  - 34.92° shot, discus (10:6)
  - 28.96° javelin (20:10)
- Confirm what help, if any, you will have
  - Minimum: 1 marker
  - Ideal: 1 marker, 1 retriever, 1 tape puller
  - Review responsibilities with helpers

# Officiating Throws

## Before the Competition (continued)

- Meet with competitors and communicate information about running the event (don't assume all athletes know the rules)
  - Review warm-up procedure
  - Implement return
  - Entering and leaving circle (shot, discus)
  - Explain fouls

# Officiating Throws

## During the Competition

- Constantly check for safety issues
  - Make sure sector is clear before each throw
  - Make sure spectators and non-competing athletes are well away from landing sector (and beyond)
  - Keep circle(s) free of water, mud, or sand
  - Make sure javelin runway does not present any slipping hazard

# Officiating Throws

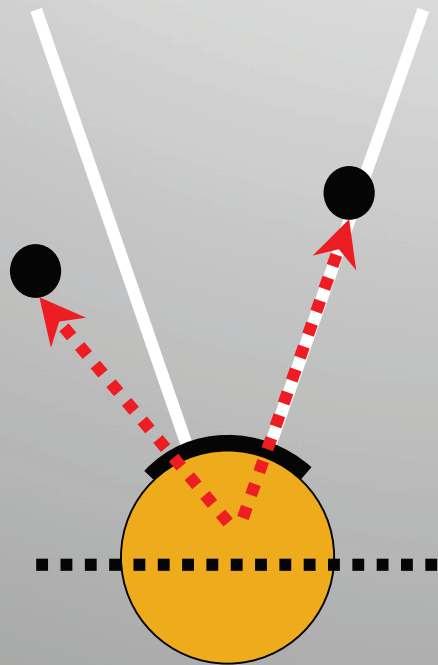
## During the Competition

- Measure properly
  - Measuring tape should pass through the center of the circle (shot, discus), or the center mark in the javelin runway 26'3" (8 m) from the foul line
  - Read mark at the inside of the stop board, circle, or arc
    - Lesser 1/4" for shot put, or lesser cm
    - Lesser 1" for discus and javelin, or lesser cm
- Follow tie-breaking procedure if necessary
- If preliminaries and finals, the finals are conducted in reverse order (worst to best)

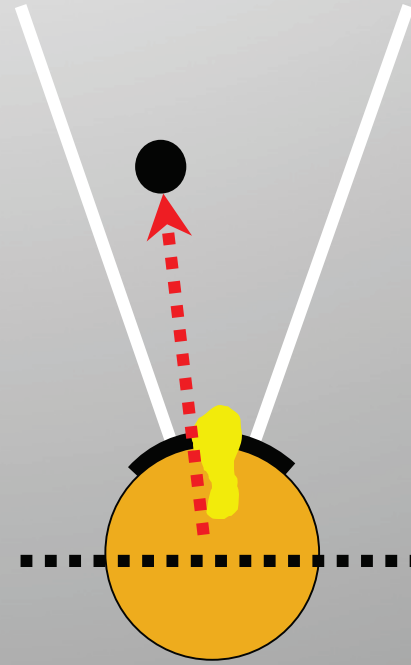
# Officiating the Shot Put

## Fouls

**Foul:** shot put lands outside the sector or any part of the shot touches the sector line



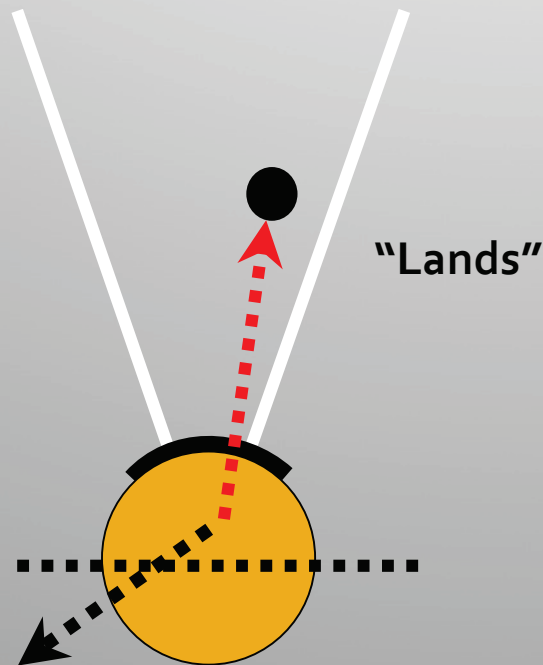
**Foul:** athlete steps on or over the stop board



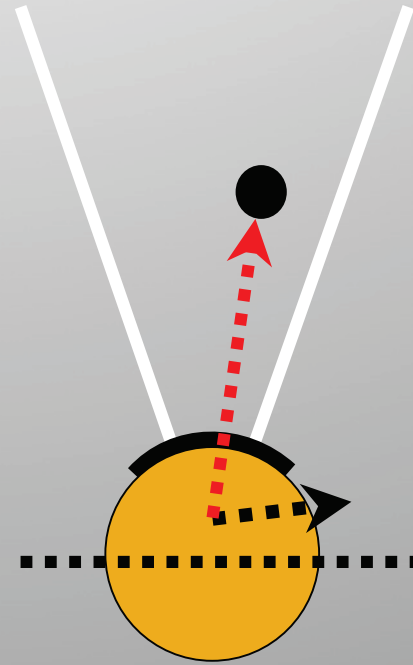
# Officiating the Shot Put

## Fouls (continued)

**Foul:** athlete exits circle before shot lands



**Foul:** athlete exits the front half of the circle



# Officiating the Shot Put

## Fouls (continued)

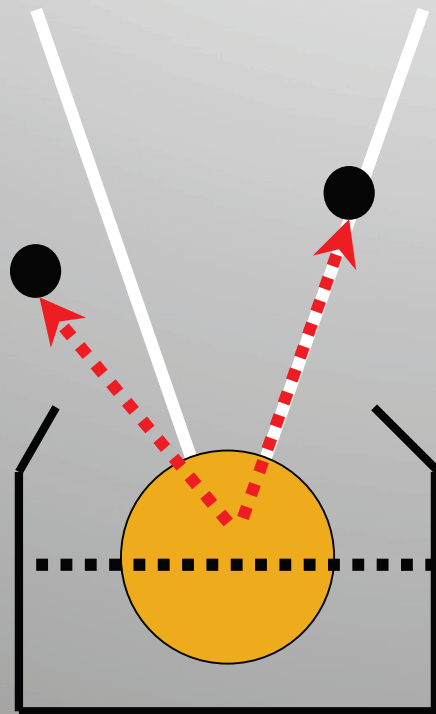
- Failure to initiate trial to completion within 1 minute of being called
- After stepping into the circle, fails to pause before starting the put
- Allows the shot to drop behind or below the shoulder during the attempt
- Not under control before exiting the back half of the circle



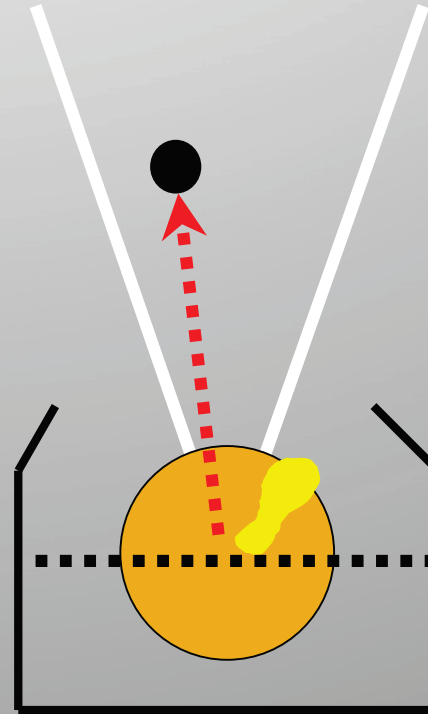
# Officiating the Discus

## Fouls

**Foul:** discus lands outside the sector or any part of the discus touches the sector line



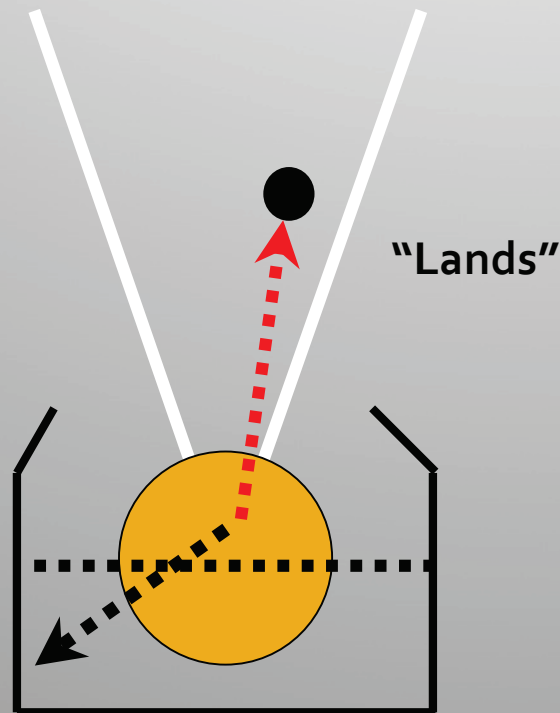
**Foul:** athlete steps on or over the circle



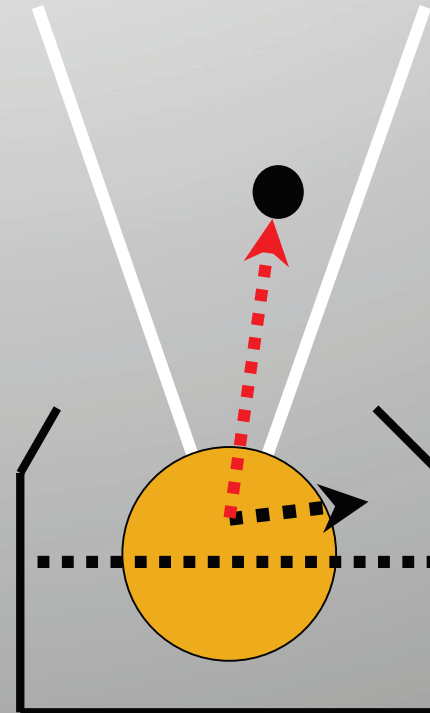
# Officiating the Discus

## Fouls (continued)

**Foul:** athlete exits circle before shot lands



**Foul:** athlete exits the front half of the circle



# Officiating the Discus

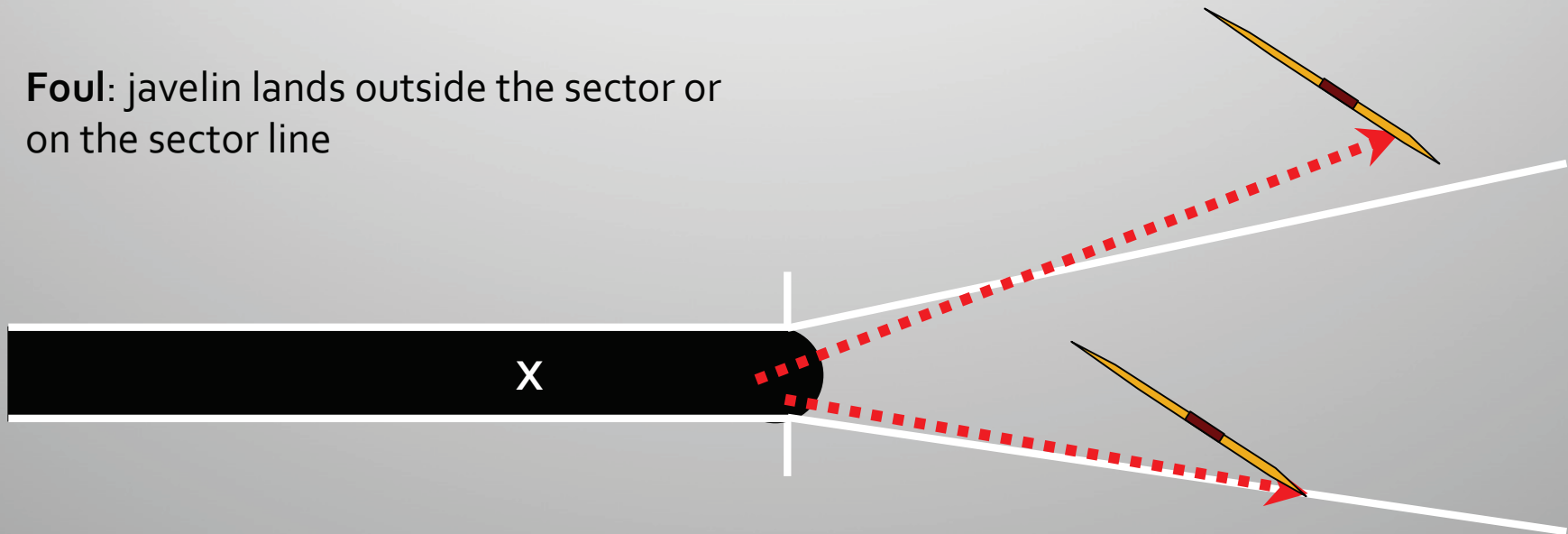
## Fouls (continued)

- Failure to initiate trial to completion within 1 minute of being called
- After stepping into the circle, fails to pause before starting the throw
- Not under control before exiting the back half of the circle

# Officiating the Javelin

## Fouls

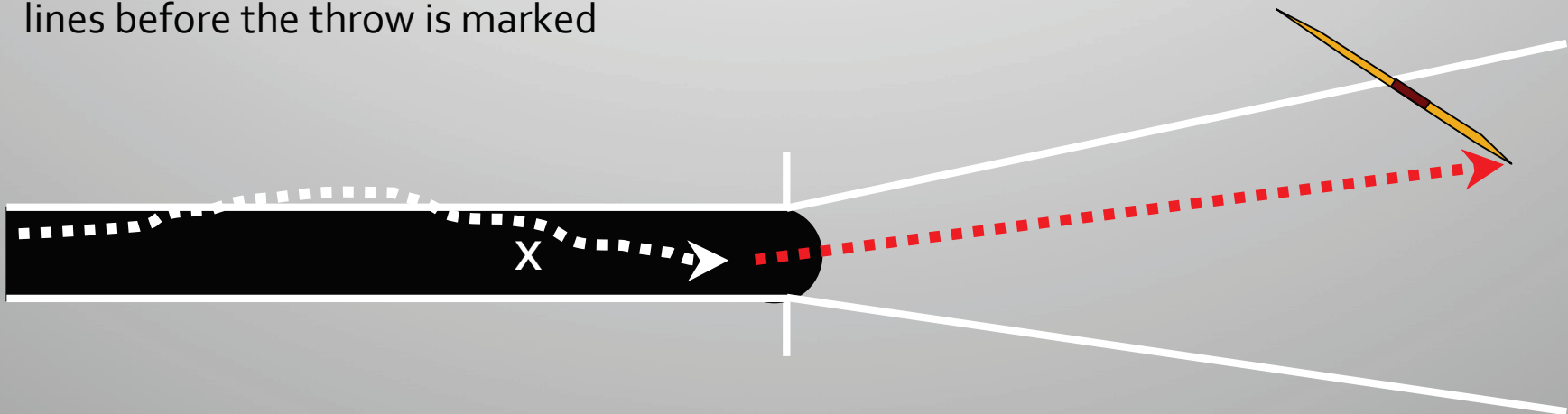
**Foul:** javelin lands outside the sector or on the sector line



# Officiating the Javelin

## Fouls

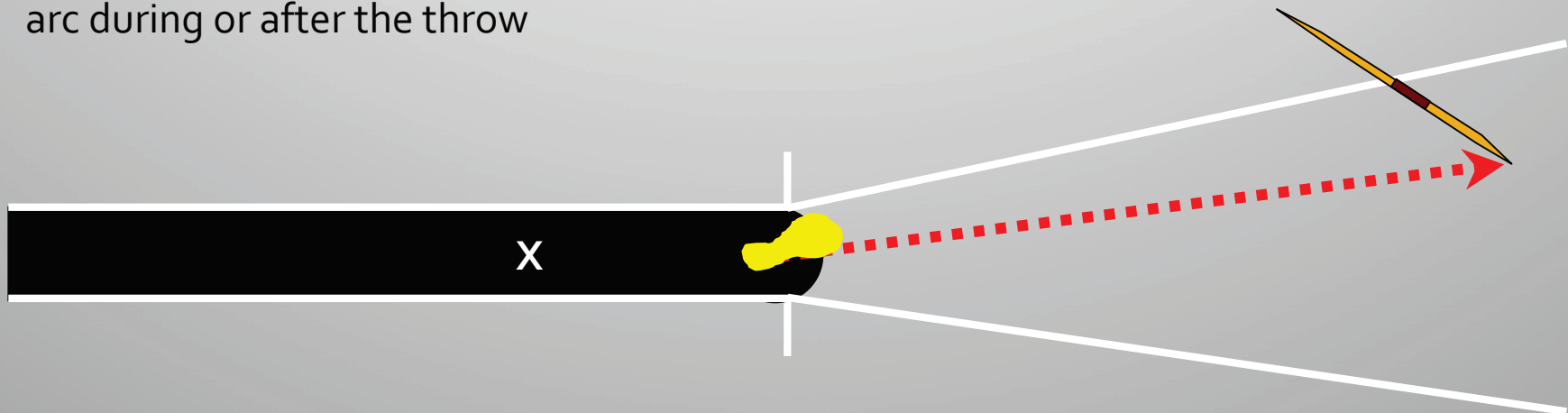
**Foul:** touches on or over the runway lines before the throw is marked



# Officiating the Javelin

## Fouls

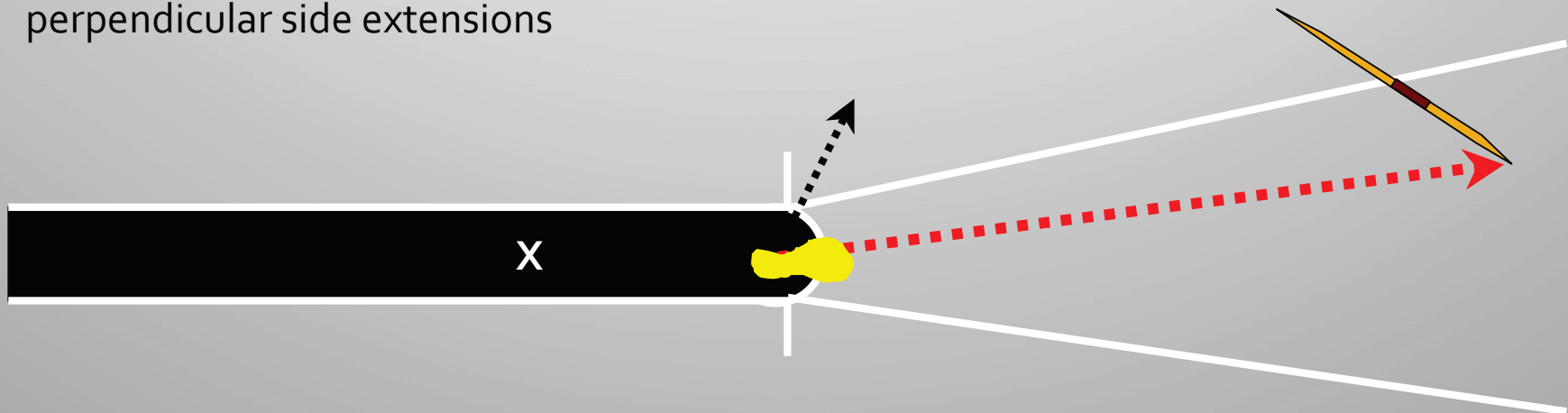
**Foul:** touches on or over the foul-line arc during or after the throw



# Officiating the Javelin

## Fouls

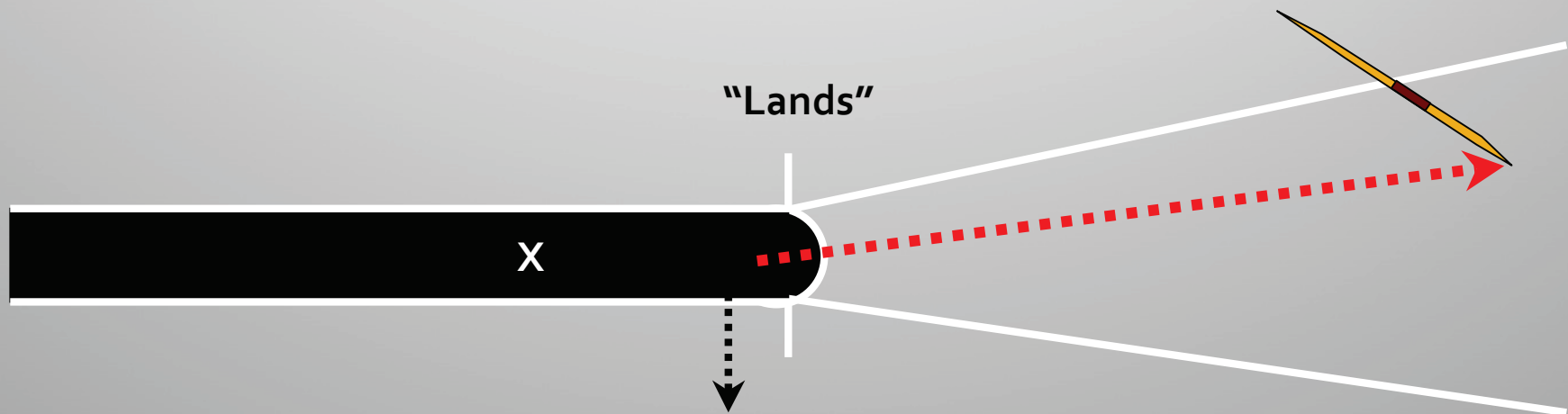
**Foul:** exits beyond the foul-line arc or perpendicular side extensions



# Officiating the Javelin

## Fouls

**Foul:** exits before the javelin lands





# Officiating the Javelin

## Fouls (continued)

- Failure to initiate trial to completion within 1 minute of being called
- Makes a 360° turn before the javelin is released
- Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm
- Fails to hold the javelin by the cord grip
- Not under control before exiting behind the foul-line arc and the perpendicular side extensions after the javelin has landed

# Officiating the Javelin

## Marking the Javelin

