



Basic Rules of Track & Field

Throws

High School Implements

- Shot
 - Men use the 12-pound shot
 - Women use the 4-kilogram shot
 - Note that the 4-kilogram shot is 10% heavier than the 8-pound shot
- Discus
 - Men use the 1.6-kilogram discus
 - Women use the 1-kilogram discus
- Javelin
 - Men use the 800-gram javelin
 - Women use the 600-gram javelin
 - High school rules in Washington require the rubber tip



Safety Information

Safety is Job 1

Always know what is happening in the circle/runway. If an athlete is in place to throw, keep eyes on the circle. Remember that throws will sometimes land outside the sector so stay well clear of those lines.

Do not throw if someone is not looking.

Stay out of the discus cage unless throwing or measuring.

Standing too close to the discus cage can be dangerous.

General Rules

It does not matter how the athlete enters the circle/runway but exiting must be done properly.

The athlete must not leave until after the implement lands and must exit through the back half of the circle or the side of the runway.

After entering the circle/runway, the athlete must pause so that no momentum is carried into the circle/runway.



Form Fouls

The shot must be near the ear and not drop below the shoulder.

The javelin must be thrown overhand.

The discus may be thrown in any manner.



Measurement

The zero on the tape goes at the mark

The mark is the first point of contact made by the implement and closest to the circle/runway

The javelin does not need to land point first and is measured from the first point of contact

Note that the zero may not be at the end of the tape, find the zero before starting

Pull the tape through the center of the circle or center point on the runway

Stay out of the circle to avoid tracking dirt into the circle

Measure to the inside edge of the stopboard/circle/arc

The shot is measured to the next lower quarter inch

Long throws are measured to the next lower full inch



Thank you for watching!

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