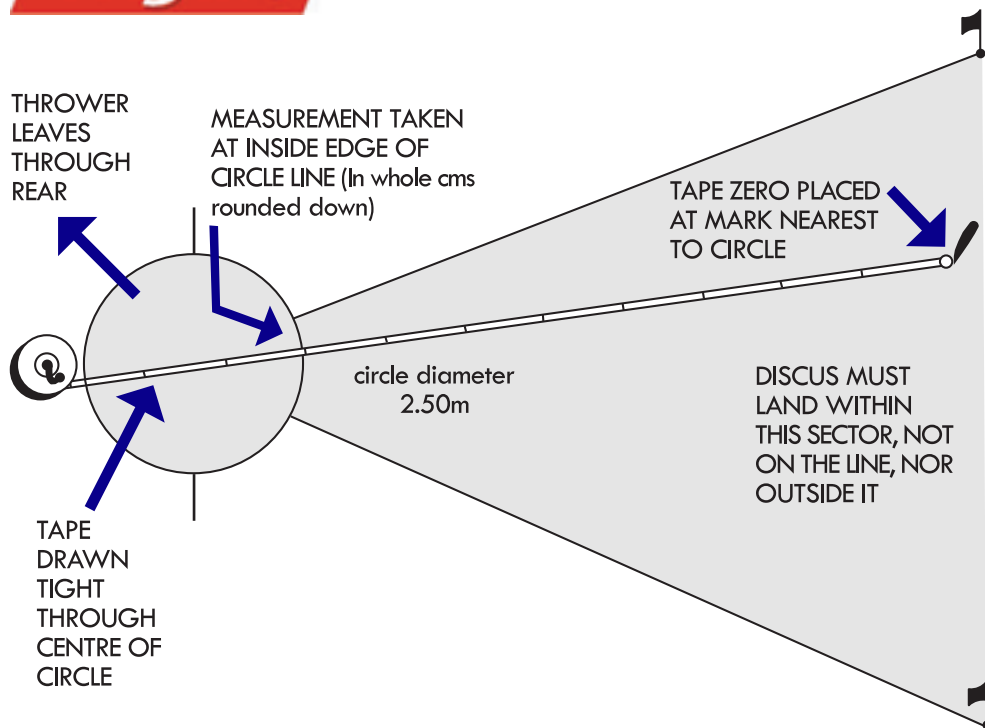


DISCUS

Colgate



**Supervise this event carefully;
the discus is a dangerous implement**

SAMPLE SCORE SHEET

A	X	1923	1984	3rd
B	20.45	19.96	20.38	2nd
C	17.28	17.43	16.80	4th
D	20.08	X	20.56	1st

X = Foul / No Throw

NZCAA WEIGHTS

500gm	Grades 7, 8 & 9
750gm	Grades 10, 11, 12 Girls
	Grades 10 & 11 Boys
1 Kg	Grade 12 & 13 Boys
	Grade 13 & 14 Girls
1.25 Kg	Grade 14 Boys

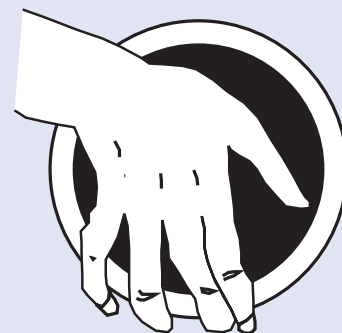


**New Zealand Children's
Athletic Association Inc.**

IMPORTANT RULES

1. The throw must be commenced from a stationary position in the circle.
2. The thrower must not touch the top of the circle ring, nor the ground outside the circle.
3. The thrower must not leave the circle until the discus has landed, and only then through the rear half of the circle.

COMMON GRIP



HINTS ON ORGANISING THE DISCUS

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- Explain the rules at the start if necessary
- Specify the number of throws (generally 3)
- Record all throws in a tie, next best count and so on until there is a 'clear' winner

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA DISCUS SHEET