National Veterans Golden Age Games

Throws
Discus, Javelin, & Shot Put
INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn.
2. Field is considered one event towards the six event maximum, competitors may medal in one, two or all three field competitions (discus, javelin, shot put).
3. You may not be assisted or coached in the competition area.
4. The NVGAG will provide all implements (discus, javelin and shot puts)
5. Gloves are not allowed, cannot tape fingers together. Substances to improve grip ok for all events, on hands & shot for Shot put. Chalk or easily removed substance on the implement may be used.
6. Calls are “up”, “on Deck” and “on Hold”.
7. Each competitor is given one (1) minute to throw. The clock starts when the competitor is called “Up”. The competitor will receive a 15 seconds warning.
8. Throws will be measured in meters.
9. Fouls:
   a. Fail to initiate the attempt in one minute’.
   b. In throws from a circle, fail to start the attempt from a stationary position.
   c. Competitor makes an illegal throw, or uses an illegal implement.
   d. The implement lands outside the sector lines.
   e. The competitor leaves the circle/runway before the implement hits the ground, or leave out of the front half of the circle//leave the runway ahead of the foul line arc and extended lines.
   f. Touches with any part of the body before the implement hits the ground, the surface outside the circle; the top of the metal band, the stop board or painted area; for the
javelin any surface of the foul line, the run up lines or surfaces outside of these lines.
g. Wear any illegal device or taping on the throwing hand, thumb or fingers.

10. There will be one/two fights per age division with no more than 13 competitors. Each thrower will be allowed **3 throws**

11. There will be a 30 minute warm up, prior to the start of the event, only 1 warm-up throw per turn in the circle/runway. 10 minutes between each flight.

12. No warm-ups will be allowed after the competition begins

13. The Javelin must land head first; head must land in the sector.

14. An open pit format may be used.

15. Medals will be awarded based on age division and gender.

16. Awards will be presented for 1st-3rd medals and 4-6th ribbons

17. Resolving ties: ties are resolved by the second-best performance of the tying throwers.

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Discus</th>
<th>Javelin</th>
<th>Shot put</th>
</tr>
</thead>
<tbody>
<tr>
<td>M55-59</td>
<td>1.5kg</td>
<td>700g</td>
<td>6kg</td>
</tr>
<tr>
<td>M60-64</td>
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<td>600g</td>
<td>5kg</td>
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<tr>
<td>M65-69</td>
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<td>M70-74</td>
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<td>4kg</td>
</tr>
<tr>
<td>M75-79</td>
<td>1.0kg</td>
<td>500g</td>
<td>4kg</td>
</tr>
<tr>
<td>M80+</td>
<td>1.0kg</td>
<td>400g</td>
<td>3kg</td>
</tr>
<tr>
<td>W50-54</td>
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<td>3kg</td>
</tr>
<tr>
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<td>3kg</td>
</tr>
<tr>
<td>W75+</td>
<td>.75kg</td>
<td>400g</td>
<td>2kg</td>
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