



# **National Veterans Golden Age Games**

## **Field - Throws**

### **Discus, Javelin, & Shot Put**

#### **INSTRUCTIONS TO ATHLETES & RULES**

1. Competition numbers must be worn.
2. Field is considered one sport towards the four (4) event maximum, athletes may compete in three (3) of the four (4) field competitions (discus, javelin, long jump, shot put).
3. The competition area is defined by the Games Committee. This area is restricted to competing athletes only.
4. Coaches may communicate with their athletes through verbal or other communication, without the use of any technical device to athletes who are not in the competition area.
5. The NVGAG will provide all implements (discus, javelin and shot puts).
6. Four attempts will be permitted for each athlete.
7. Each athlete is given 30 seconds to complete their attempt. The clock starts when the athlete is called "Up". The athlete will receive a 15 seconds warning.
8. All measurements will be taken to the nearest full centimeter below the actual mark.
9. If an implement breaks during trial, a substitute trial will be award.
10. Fouls:
  - a. Fail to initiate the attempt in 30 seconds.
  - b. In throws from a circle, fail to start the attempt from a stationary position.
  - c. Athlete makes an illegal throw or uses an illegal implement.
  - d. The implement lands on or outside the sector lines.
  - e. The athlete 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. Proper leaving for circle throws back half of the circle. For javelin, first contact by foot outside of the runway behind the arc l or is behind the hash marks at 4 meters.
  - 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. The shot is not put from the shoulder with one hand near the neck or chin; cartwheel illegal.

- h. Javelin: Not thrown with one hand; not held with the little finger nearest the point; not in contact with the grip at release; not thrown over the shoulder; not have the back completely facing the throwing area until the javelin is released; must not touch any line defining the runway; A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.
11. Depending on the number of entries there will be one/two flights per age division.
  12. There will be a warm up prior to the competition, a athlete may take no more than two practice trials or throws for each turn in line at the competition area.
  13. No warm-ups will be allowed after the competition begins.
  14. Medals will be awarded based on age division and gender.
  15. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
  17. Scoring will be based on the length of the longest throw.
  18. Resolving ties: In horizontal field events where the result is determined by distance, the second-best performance of the athletes having the same best distance shall determine whether there has been a tie. Then, if necessary, the third best, and so on. After applying this procedure, in the case of a tie for any place, including first place, the tie shall remain.

Age Division	Discus	Javelin	Shot put
M55-59	1.5kg	700g	6kg
M60-69	1.0kg	600g	5kg
M70-79	1.0kg	500g	4kg
M80+	1.0kg	400g	3kg
W50-59	1.0kg	500g	3kg
W60-74	1.0kg	500g	3kg
W75+	.75kg	400g	2kg