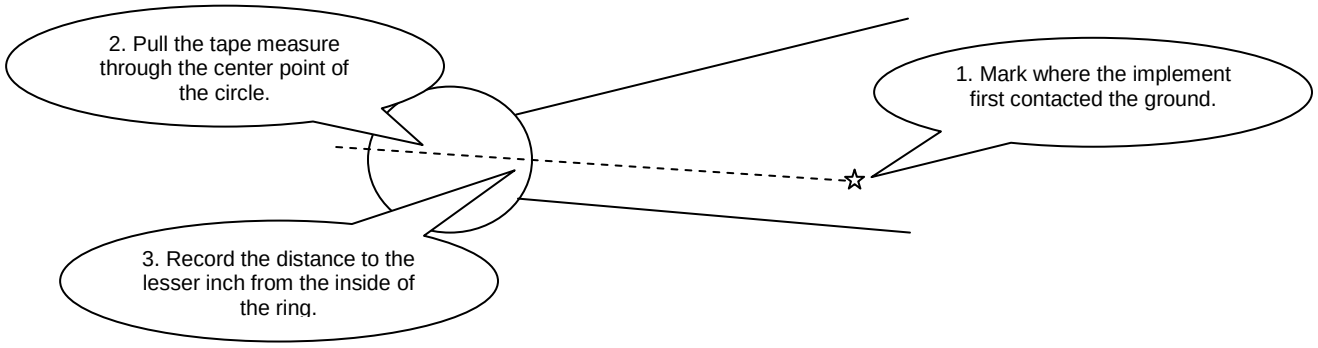
CYO DISCUS

A. General Rules

1. When you are ready for the next level to start competition, you should inform the Field Referee and announcer to call the next division.
2. There shall be three (3) attempts for each competitor.
3. Each Athlete will check-in by their level and will compete in the order of the sheets on the track pad. After each attempt the distance will be marked on the ticket. ***When the last attempt is complete the athlete will be given their ticket to give to their coach.***
4. Flights may be used for attempts at each field event, with the entire flight being given an attempt in the order of athletes listed on the track pad before the second attempt is given (an athlete can be skipped over if they are not present when they are called for an attempt).
5. If an athlete "checks-in" after the event has begun, that athlete is only entitled to the attempts remaining in the competition order.
6. If an athlete "checks out" in order to compete in another event, that athlete will be given his/her remaining attempts in the event.
7. A competitor shall be charged with an unsuccessful attempt if he/she does not initiate an attempt or pass within one (1) minute of being called.
8. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
9. Throughout the competitions, athletes will be called as "Up", "On Deck" and "On Hold"

B. Discus

1. **Order of Event: Youth girls followed by boys, Intermediate girls followed by boys.**
2. Spiked shoes (with or without spikes) are not permitted in the discus.
3. A 1.0 kilogram rubber discus will be used for all competitions.
4. All practice and competitions of the discus event are to occur in a cage that meets National Federation specifications.
5. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
6. Gloves are not permitted.
7. A legal throw shall be made after entering the circle the athlete pauses and throws with one hand only.
8. It is a foul if the competitor:
   a. Fails to pause before starting the throw.
   b. Once in the circle, touches the circle or the ground outside the circle during the throw.
   c. Throws the discus so it lands outside the sector lines or hits the cage or something outside the sector lines.
   d. Fails to exit from the back half of the circle.
   e. Leaves the circle before the implement has landed.
   f. Fails to initiate an attempt within one (1) minute.
9. The throw will be measured to the **nearest lesser whole inch**, from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest to the mark along the extended radius of the circle.



Sample of a form - completed at check-in of the field event

DIOCESE OF CLEVELAND
CYO TRACK & FIELD

(Circle those that apply)

BOYS GIRLS

GRADE: 3 4 5 6 7 8

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1:

DISTANCE # 2:

DISTANCE # 3:

BEST DISTANCE:

NAME:

TEAM:

Endeavoring to help young people be more Christ-like in the way they live.

Sample of a completed field event form that is given to the athlete

DIOCESE OF CLEVELAND
CYO TRACK & FIELD

(Circle those that apply)

BOYS (GIRLS)

GRADE: 3 4 5 6 7 (8)

EVENT: RLJ SLJ HJ

SHOT (DISCUS) SOFTBALL THROW

DISTANCE # 1:

DISTANCE # 2:

DISTANCE # 3:

BEST DISTANCE:

NAME: 371

TEAM:

Endeavoring to help young people be more Christ-like in the way they live.

DIOCESE OF CLEVELAND
CYO TRACK & FIELD

(Circle those that apply)

BOYS (GIRLS)

GRADE: 3 4 5 6 7 (8)

EVENT: RLJ SLJ HJ

SHOT (DISCUS) SOFTBALL THROW

DISTANCE # 1: 64-2

DISTANCE # 2: 55-4

DISTANCE # 3: 61-1

BEST DISTANCE: 64-2

NAME: 371

TEAM:

Endeavoring to help young people be more Christ-like in the way they live.