



CACPE

Shot Put & Discus Throw Manual

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Shot Put

(Athletics RuleBook Page: 117-130 / 77 to 90)

What is the shot put?

The **shot put** is a track and field event in which athletes 'put' a heavy metal ball, known as a 'shot'. The shot is put - not thrown - with one hand and the goal is to achieve the maximum distance possible. Shot Put is regarded as a strength event. Depending on the age and gender of the athlete the weight of the implement will vary between 3kg to 7.26kg.

- ❖ The history of stone throwing as a sport originated in Ancient Greece
- ❖ Soldiers competed in cannonball throwing events during the Middle Ages
- ❖ A modern version of shot put first appeared in the Scottish Highland Games during the 19th century
- ❖ Men's shot put has been contested at every modern Olympics since 1896
- ❖ Women's shot put was first introduced to the Olympics in 1948
- ❖ The United States is the most successful shot put nation in Olympic history. Male athletes from the country grabbed gold at every edition of the Olympics from 1896 through to 1968 - except two

GENERAL RULES

Normally, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials. The ranking order is determined by distance. In the event of a tie, the winner will be the athlete with the next-best measure. At major championships, the format is typically a qualification round followed by a final. In elite competitions, there's a list of conditions that must be met for a valid put.

Here are the main shot put rules:

The athlete normally must commence their attempt within 60 seconds of the official having indicated to the athlete that all is ready for the trial to begin.

The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. During the trial, the competitor must stand within the throwing circle; they must not touch the top of the stop board, the top of the rim or the ground outside the circle.

- ❖ The competitor must start from a stationary and balanced position inside the circle. In the preliminary stance, it must be held close to the chin, and the hand must never drop below that position throughout the throw. The shot shall not be taken behind the line of the shoulders.
- ❖ The shot must land inside the throwing sector, which is approximately 35 degrees
- ❖ The athlete must not leave the circle before the shot has landed.
- ❖ After completing their put, the competitor must exit from the back half of the circle
- ❖ The use of gloves is not allowed

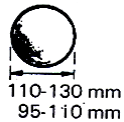
- ❖ The shot put is performed within a seven-foot diameter (2.135m) circle that has a 10cm high stop board at the front. The shot must be properly executed inside the circle's boundaries and land within the specified sector. This means that the athlete cannot touch the top of the stop board during their put or leave the circle before the shot has landed.
- ❖ The competitor may touch the inside edge of the stop-board, but not the top.
- ❖ The Shot must be put from the shoulder with one hand only.
- ❖ A failure occurs when an athlete violates shot put rules. For example, stepping on or over the stop board, exiting the circle incorrectly or using cartwheeling techniques. These disqualify the put from being measured.

Note: Cartwheeling techniques are not permitted.

- ❖ The put is measured from the nearest mark made by the fall of the Shot to the inside of the circumference of the circle, along a line from the mark made by the Shot to the centre of the circle.
- ❖ Where there are **more than eight competitors**, each shall be allowed **three trials**, and the **eight competitors with best performances shall be allowed three additional trials**. If there are **eight competitors or fewer**, each shall be allowed **six trials**.

THE SHOT PUTTER SHOULD:

AVOID	AIM TO
1. Faulty balance in the initial position.	1. Keep the left leg fairly low.
2. An incorrect glide through jumping from the right leg.	2. Achieve a completely balanced action of the legs, with the left leg driving well back.
3. Lifting the trunk too high in the glide.	3. To keep the upper part of the body relaxed while the lower part is moving.
4. Not pulling the right leg far enough in beneath the body.	4. To achieve a fast and wide ranging movement of the right leg.
5. Landing with the right foot facing the rear.	5. Turn the right foot inwards during the glide.
6. A movement of the left leg too much to the side.	6. Keep the left hip and shoulder facing the rear as long as possible.
7. A premature opening up of the trunk.	7. Keep the left arm in a "closed position".
8. Landing with the trunk facing the side or to the front.	8. Resist strongly with the left leg.

	Shot Put	Women U18	Women U20/Senior	Men U18	Men U20	Men Senior
	Weight	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
	Diameter	85-110mm	95-110mm	100-120mm	105-125mm	110-130mm

THE IMPLEMENT -

- ❖ The shot must be of **solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other material**.
- ❖ The shot must be **spherical in shape and the surface must be smooth**.
- ❖ The weight of the implement will vary according to the age or gender of the athlete.
- ❖ The men's Shot weighs 7,26 kg and the woman's Shot 4 kg.

- ❖ The senior men's Shot has a maximum diameter of 130 mm and a minimum diameter of 110 mm and the woman's Shot a maximum of 110 mm and a minimum diameter of 95 mm.

THE THROWING CIRCLE -

- ❖ The inside diameter of the circle should be 2,135 metres,
- ❖ the outside of the circle should be made of iron, steel or other suitable material and the top of the circle should be flush with the ground outside.
- ❖ The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface should be level and should be 20mm lower than the outer edge of the rim of the circle.
- ❖ The circle is divided into two halves, which are indicated by a painted line drawn through the centre and extended outside the circle, not less than 0.75 metres on each side. The rear edge of these two lines, if continued across the circle, would meet at the centre of the circle.

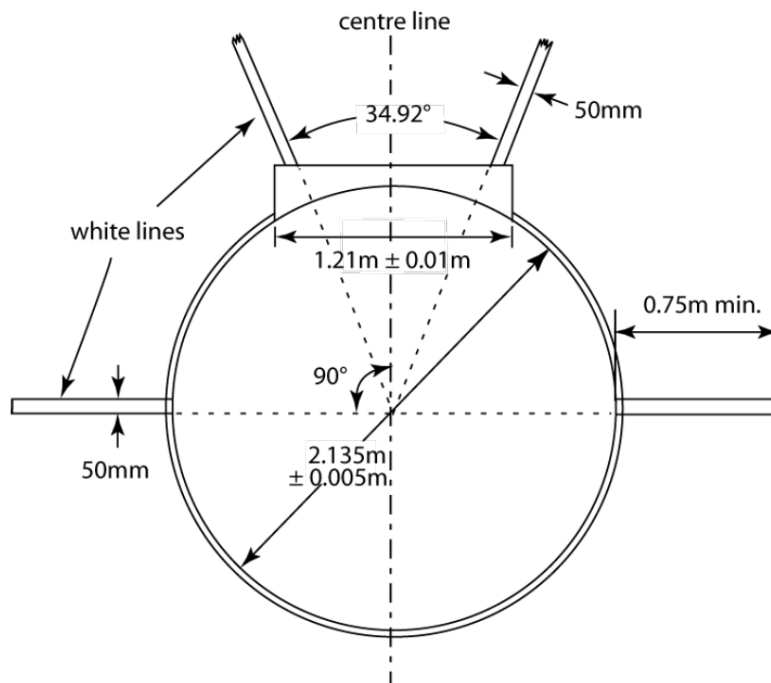
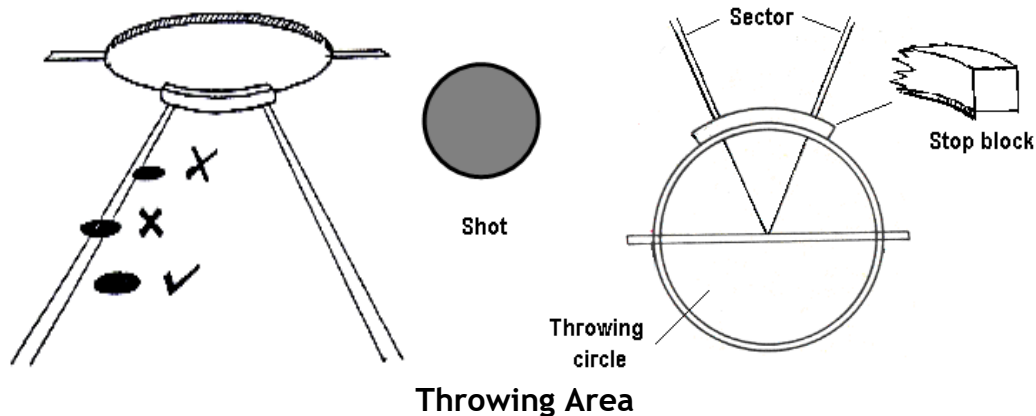


Figure (a) TR32 - Layout of Shot Put circle

THE THROWING SECTOR -

- ❖ This is formed by lines drawn from the centre of the circle and passing through the ends of the Stop Board, and thus making an angle of 34.92 degrees.
- ❖ The sector lines are 5cm in width.
- ❖ The Shot must fall so that the **nearest mark** made by the fall of the Shot is within the inner edges of lines 5 cm wide marking a sector of 40° , set out on the ground, so that the radii lines cross at the centre of the circle.



THE STOP BOARD: -

- ❖ The board should be made of wood or some other suitable material in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, and also made so that it can be firmly fixed to the ground.
- ❖ The board must measure 1,21 m to 1,23 m long on the inside, 112 mm to 116 mm wide, and 98 mm to 102 mm high in relation to the level of the inside mark of the circle.

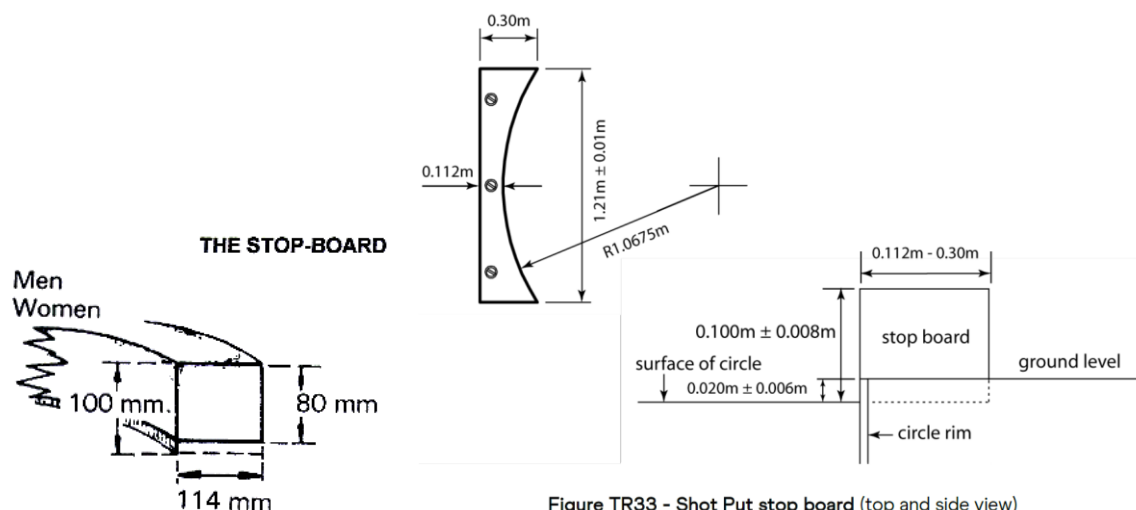


Figure TR33 - Shot Put stop board (top and side view)

SHOES:

Shot putters wear specialised throwing shoes. These shot put shoes have a smooth sole and reinforced sides. This design provides stability and support while allowing shot putters to easily spin and glide.



Shot Put Technique

Shot put technique

The techniques in shot put comprise several key elements:

1. Grip and positioning
2. The glide or the spin
3. A smooth and controlled release

Shot put grip and positioning

Firstly, shot putters must use the right grip. This involves holding the shot at the bottom and placing the thumb and little finger on each side of the shot. Then, the athlete must place the shot so that it touches or is in close proximity to the neck or the chin.

An athlete should focus on keeping their putting arm's elbow high. The arm should also be parallel to the floor. Added to this, the athlete should also stand on the balls of their feet with their knees bent.

Spin and glide

Two putting styles are currently in general use by shot put competitors: the spin and the glide.

Initially dubbed the 'Oldfield Spin', the spin technique was invented by Brian Oldfield. To execute the spin, athletes begin by facing away from the putting direction. They then spin on the ball of their foot and rotate like a discus thrower, using rotational momentum for power.

Meanwhile, the glide is a linear movement in which the competitor rotates 180 degrees. They start in a fixed position, kicking one leg to the front and explosively pushing with the other. The hips rotate forwards, the arm and shoulders are pulled back and the feet remain close to the ground at all times.

The release

In each of these shot putting techniques, the athlete drives with the legs and transfers energy to the upper body. The shot is then released using a forward-leaning posture, which propels the shot.

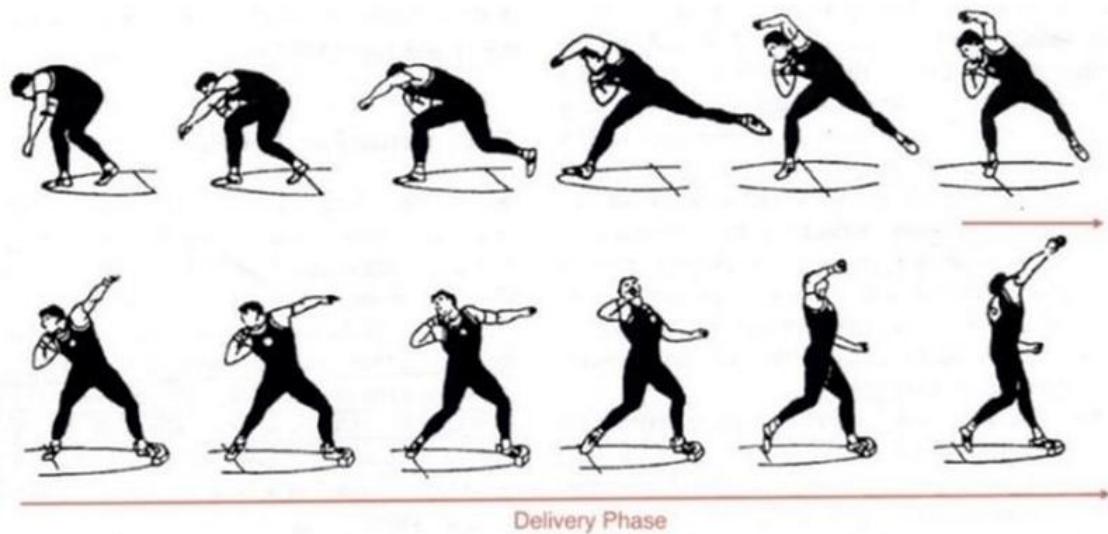
No matter whether an athlete glides or spins before the release, their aim is to release the shot with maximum forward velocity at an angle of slightly less than 45 degrees.

The two most commonly used shot put techniques today are:

- ❖ The **linear technique**, commonly referred to as the **o' Brien technique or Glide**, and
- ❖ The **rotational technique**, similar to the discus throw technique.

The rotational technique is very technical, and if not executed well, the performance of the athlete will lack consistency. For this reason, it is advised for the novice to develop the linear technique and progress to the rotational technique at a later stage, if needed.

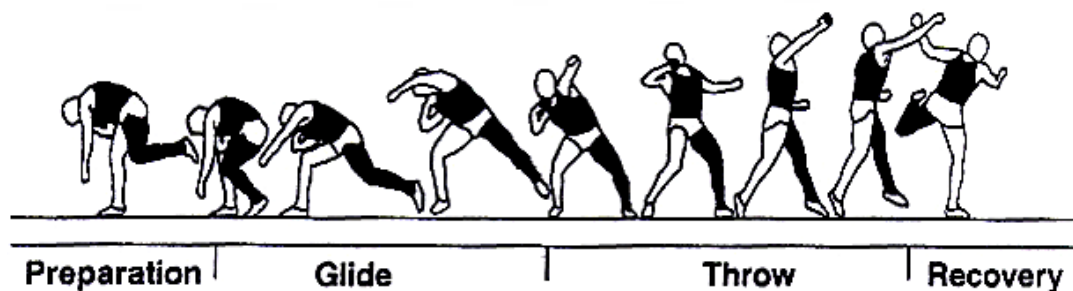
THE LINEAR TECHNIQUE



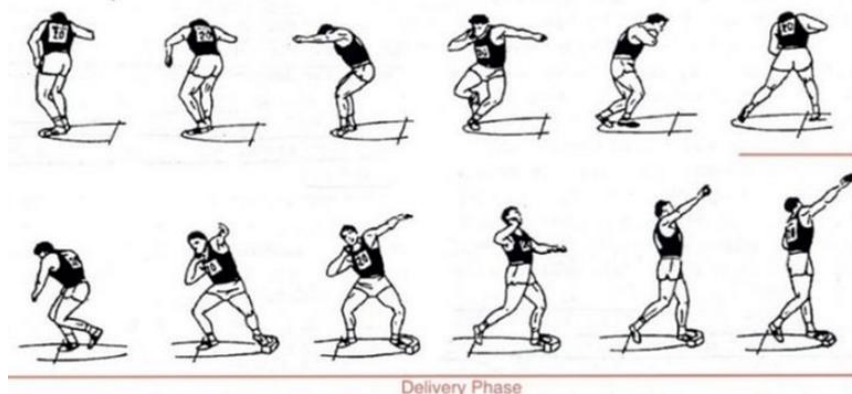
THE LINEAR TECHNIQUE

The right-handed technique will be explained in all examples used in this chapter. The shot put technique comprises of the following phases:

- Preparation
- Glide
- Throw
- Recovery



THE ROTATIONAL TECHNIQUE



The following sequences are written for a right-handed thrower (12 o'clock is the back of the circle, so the front is 6)

Pre-Flight

- ❖ Stand at the back of the circle facing 12 with feet just slightly more than shoulder width apart
- ❖ Hold the shot in the right hand with an even finger spread with thumb on downside
- ❖ Do not hold in the palm of the hand, but instead on the fingers
- ❖ The elbow of the throwing arm should be at shoulder height in the 12/3 position i.e. face & chest looking at 12 and the elbow pointing to 3
- ❖ Think neck-ball-elbow in line (shot is often held a tad higher in the neck than with the linear technique)
- ❖ Maintaining this position until delivery will help the force generated go in the direction of the throw
- ❖ Slowly shift body weight onto the right foot rotating the shoulders so the right elbow is pointing between 6 & 7 and the shoulders are parallel to the ground
- ❖ Then allow body weight to pivot back onto the left foot (toes) and move to 80-90% of normal height i.e. move from high to low shifting body weight from the right foot to the left foot by actively turning the left foot
- ❖ Don't lead with the left arm, instead allow the right leg to come around the body
- ❖ Right foot needs to be picked up before the right shoulder passes
- ❖ Keep the right shoulder behind the right hip

Take Off

- ❖ Long sweeping right leg into the flight phase
- ❖ Wider radius gives better angular momentum at take off
- ❖ Increase height in flight phase will mean dropping onto the right leg will require good leg strength
- ❖ Lead the right foot forward into a step forward
- ❖ Don't look down at feet, instead use a personal horizon
- ❖ Push off the left foot and step into middle of circle (falling) with gaze looking forward
- ❖ Trunk is more upright than glide technique

Transition

- ❖ At rear (right) foot touch down the right knee needs to be greatly flexed and grounds the foot causing athlete to both turn and lift while in single support
- ❖ The shorter the time between rear foot touch down & front (left) foot touch down will allow maximal effort, too early or late will result in inefficient use of power
- ❖ Once the right foot lands keep it turning throughout the throw and allow the left leg to come underneath and ground. i.e. sweep the left (block) leg back on the turn (knees should pass by close together)
- ❖ The left foot needs to be grounded with the rhythm of 1-2,3
- ❖ Then allow the right foot to continue moving until shot is 180° from release at which point drop the left heel to form the block
- ❖ 70-80% of release velocity achieved in final delivery, so this movement needs to be very explosive and fast
- ❖ Important that the head remains passive so that shoulders and trunk rotate around the head (core movement) do not strike with the head

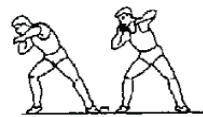
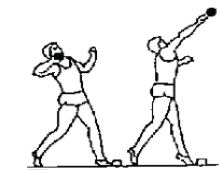
Release

- ❖ The block leg should be stiff on delivery
- ❖ Horizontal release point needs to be as far in front of the stop board as possible without falling (20-40cm for elite athletes)

Optimal angle of release

- ❖ Elite 42%
- ❖ Higher the angle reduces the release velocity
- ❖ Research suggests 32-38 is best angle

Because of the forces generated, most athletes have to perform a reverse by bringing the right foot forward just after the critical point of the delivery to ensure the throw is not fouled.

EVENT PHASE	
	PREPARATION (ENTRY)
	MOMENTUM BUILDING PHASE I
	MOMENTUM BUILDING PHASE II
	TRANSFER PHASE (POWER POSITION)
	DELIVERY
	RECOVERY

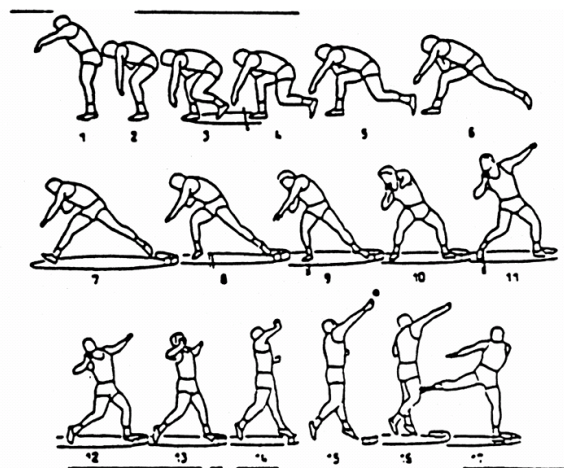
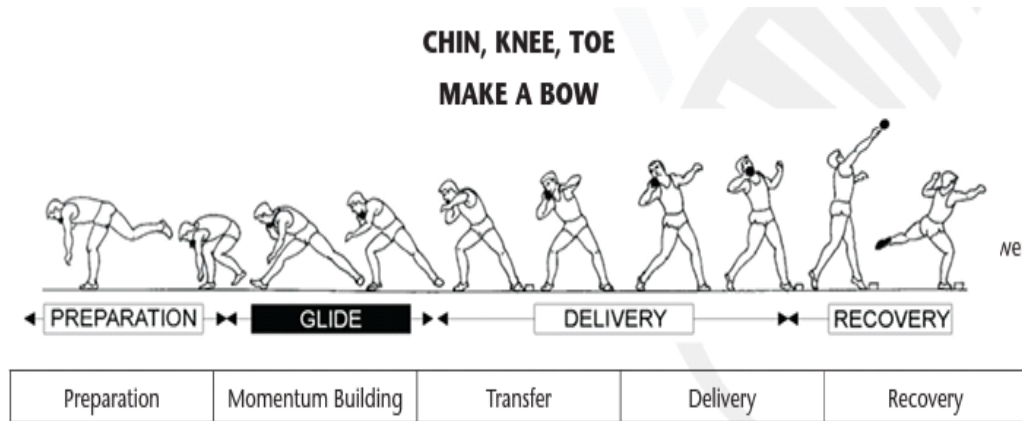


Figure 5: Body position at the greatest tension and path of the right hip joint (interval "pk the right foot - maximal tension" in throws of Ulf Timmermann (Bartolietz, 1990))



Team of Officials

For a Shot Put event, it is recommended to allocate the available officials as follows:

- a. The Chief Judge will watch over the whole of the event.
- b. Two Judges checking whether the put has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the put has been measured, it is advised that the Judge stands in the circle holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed in the circle instead. (In some competitions this position is assumed by the Chief Judge of the event.) Where EDM is not in use, the second Judge should pull through and hold the measuring tape in such a way that it passes through the centre of the circle.
- c. Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured.
- d. Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.
- e. Judge in charge of retrieving the implements and returning them to the implement stand or placing them in the return chute.
- f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).
- g. Judge in charge of the scoreboard (trial-number-result).
- h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.
- i. Judge in charge of athletes.
- j. Judge in charge of the implement stand.

Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.

Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.

World Records

<https://worldathletics.org/records/by-category/world-records>

WOMEN'S SHOT PUT WORLD RECORD

Historically, athletes from Germany and the Soviet Union have dominated women's shot put world records. The current record is held by **Natalya Lisovskaya** of the **Soviet Union**. She threw **22.63m** in **1987**.

In contrast, the first women's record was 10.15m. This was set by the French shot putter Violette Gouraud-Morris in 1924. Some 45 years later, in 1969, Nadezhda Chizhova set a record of 20.09m. This made Chizhova the first female shot putter to achieve a distance of 20 metres.

Valerie Adams is one of the leading women's performers in shot put history. The **New Zealander** claimed successive Olympic titles in **2008** and **2012** and earned a silver medal at the **2016 Rio Games**. She also won four consecutive World Championships titles between **2007** and **2013**, and four world indoor titles between **2008** and **2014**.



Natalya Lisovskaya, Russia (22.63m)



Abha Khatua, Maharashtra (18.41m)

MEN'S SHOT PUT WORLD RECORD

The United States is a formidable force in men's shot put. It all began with **Ralph Rose**, who set the first men's record of **15.54m** in **1909**. From then on, US-born athletes have been at the forefront of the men's shot put world record progression. Two of the biggest pioneers were Bill Nieder and Parry O'Brien. **Nieder** was the **first person to surpass 20 metres**, achieving 20.06m in 1960. Meanwhile, **O'Brien** set **nine consecutive records between 1953 and 1956**.

Historically, the United States is the most successful shot put nation in Olympic history. With the exception of **1920 and 1936**, male US athletes secured the gold medal at every edition of the Olympics between 1896 and 1968. In recent years, **Poland's Tomasz Majewski** became the third man in Olympic shot history to win back-to-back titles, achieving the feat in 2008 and 2012.

As a two-time world champion and Olympic gold medallist, **USA's Ryan Crouser** embodies these qualities. Crouser's shot put records encompass both indoor and outdoor competitions: he set the **indoor record of 22.82m** in 2021 and the **outdoor record of 23.56m** in 2023.



Ryan Crouser, USA (23.56m)



Tajinder Pal Singh Toor, Punjab (21.77m)

References

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Discus Throw

(Athletics RuleBook Page: 117-130 / 77 to 90)

What is the Discus?

- ❖ The discus throw is a track and field event where athletes throw a heavy, round-shaped disc as far as possible while remaining inside a 2.5-metre diameter circle. The winner is the athlete who throws the discus the farthest distance.
- ❖ The discus can be traced back to the ancient Olympic Games in 708 BC
- ❖ The Greek poet Homer referenced the discus in The Iliad's description of the funeral games for Patroclus in around 800BC
- ❖ The discus was introduced as part of the pentathlon in the Ancient Olympics of 708BC (the first Olympics were held in 776BC)
- ❖ The enduring image of the Greek discus thrower comes from the iconic 5th century BC statue by the great sculptor Myron
- ❖ The discus weighs 2kg for men (22cm in diameter) and 1kg (18cm in diameter) for women
- ❖ The men's discus was introduced as an event in the modern Olympic Games in 1896
- ❖ The women's discus made its Olympic debut at the 1928 Games

Foul throw

It's considered a foul throw if:

- ❖ The athlete leaves the throwing circle before the discus lands
- ❖ The discus lands outside the landing area
- ❖ The athlete touches the top of the rim of the throwing circle during delivery
- ❖ The athlete fails to throw the discus within 60 seconds of being called to the circle

Measuring the throw

The throw is measured to the nearest mark made by the discus upon landing.

Number of throws

Normally, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials.

Determining the winner

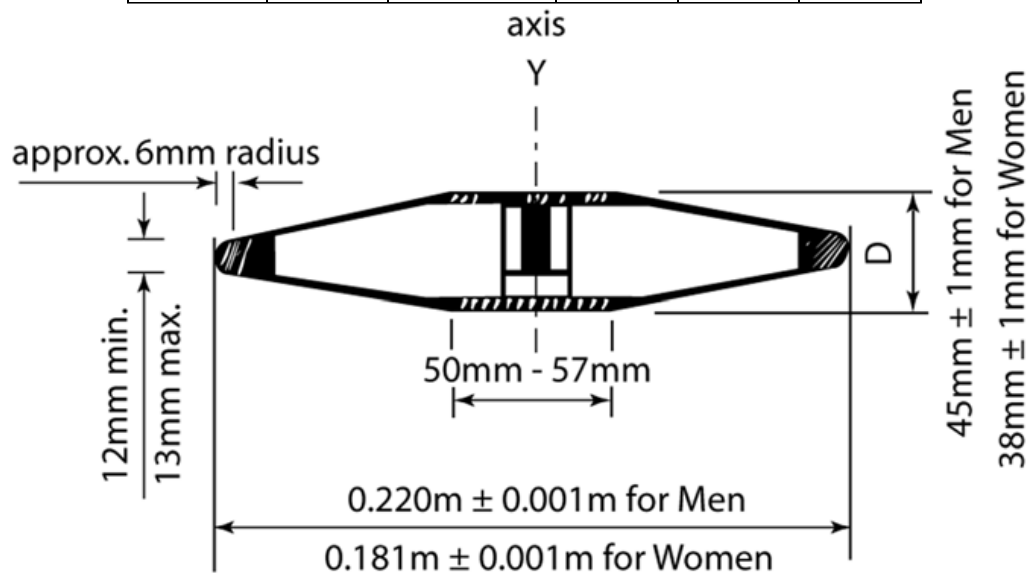
The winner is the athlete with the longest legal throw. In the event of a tie, the winner will be the athlete with the next-best measure.

The Implement: Discus

- ❖ The body of the discus may be solid or hollow and shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be circular.
- ❖ The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm.

- ❖ There may be circular plates set flush into the centre of the sides. The plates shall be tightly fixed and not able to be rotated.
- ❖ Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.
- ❖ There shall be no loose parts. Each side of the discus shall be identical and shall be made without indentations, projections or sharp edges.
- ❖ The sides shall taper in a straight line from any point on a circle of a radius of 25mm to 28.5mm from the centre of the discus to the beginning of the curve of the rim.

Discus	Women U18	Women U20/Senior	Men U18	Men U20	Men Senior
Weight	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Diameter		95-110mm			



The profile of the discus shall be designed as follows. From the beginning of the curve of the rim the thickness of the discus increases regularly up to the maximum thickness D . This maximum value is achieved at a distance of 25 mm to 28.5mm from the axis of the discus Y . From this point up to the axis Y , the thickness of the discus is constant. The upper and lower side of the discus must be identical. Also, the discus has to be symmetrical concerning rotation around the axis Y . The discus, including the surface of the rim, shall have no roughness and the finish shall be smooth (see Rule 33.4 of the Technical Rules) and uniform throughout.

What are the discus types?

For elite athletes, there are only two types of discus. The following are standard sizes and weights:

- ❖ Men's - 2kg (4.4lbs) and 22cm in diameter
- ❖ Women's - 1kg (2.2lbs) and 18cm in diameter

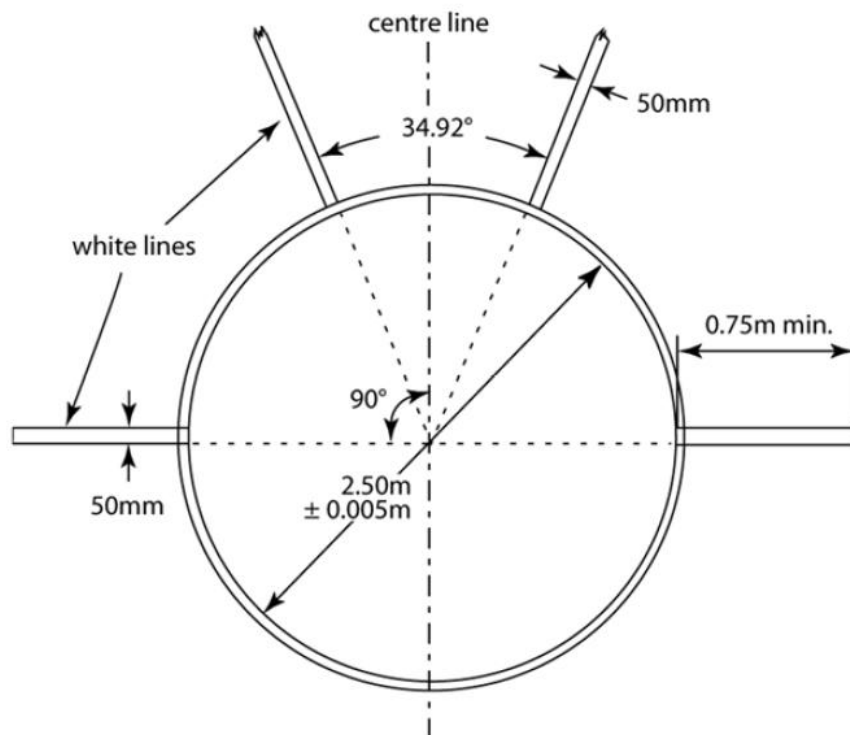
However, there are differences between discus implements that can alter your performance, so you may want to consider the following:

- ❖ Hi or low rim weight
- ❖ Rim finish or profile
- ❖ Hi- or low-spin
- ❖ Plate finish

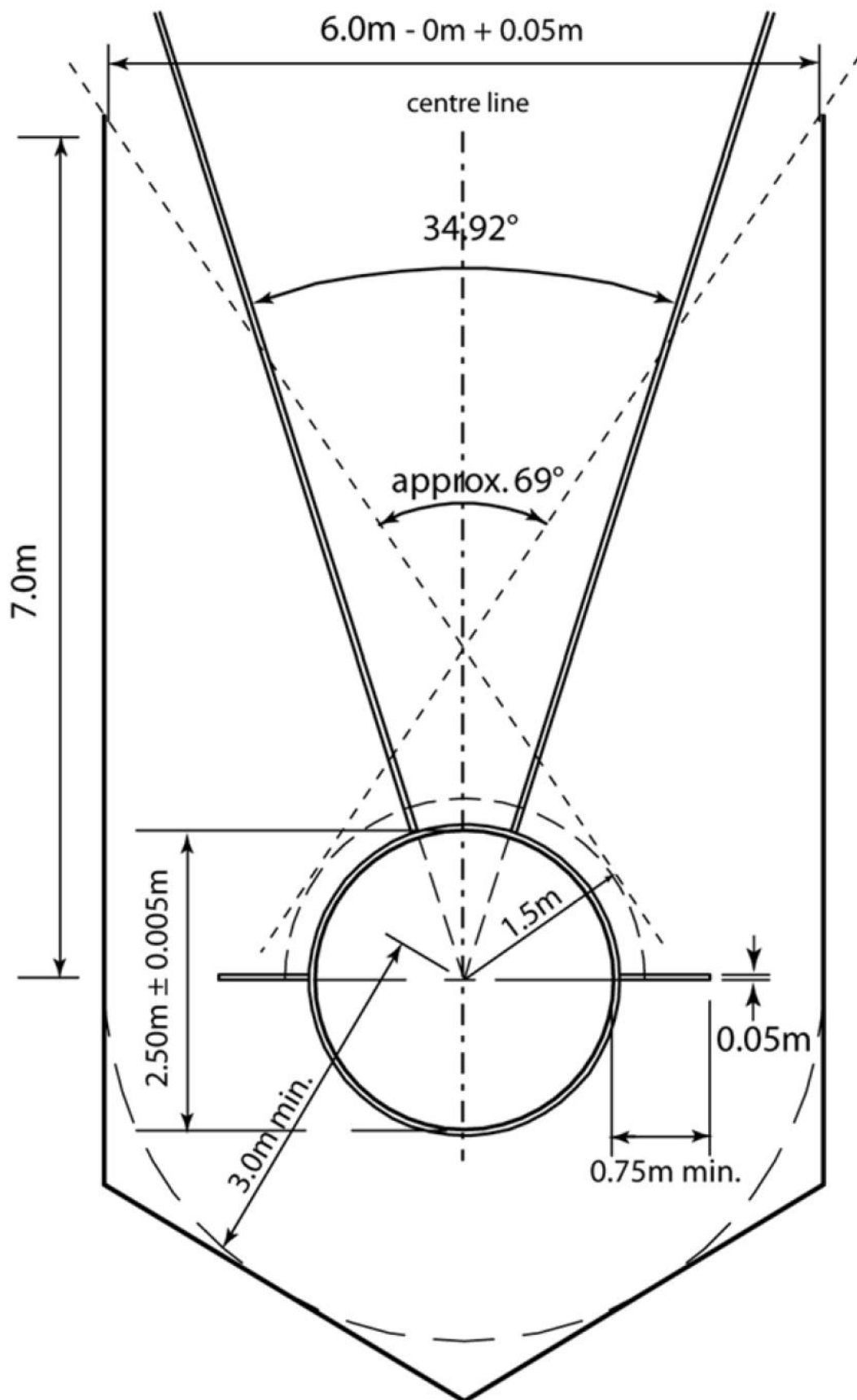
Each type can make a difference to performance levels, depending on your skill and experience.

Minimum weight and diameter limits for admission to competition and acceptance of a Record				
	1.000 kg	1.500 kg	1.750 kg	2.000 kg
Outside Diameter of metal rim:				
Minimum	180mm	200mm	210mm	219mm
Maximum	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area:				
Minimum	50mm	50mm	50mm	50mm
Maximum	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area:				
Minimum	37mm	38mm	41mm	44mm
Maximum	39mm	40mm	43mm	46mm
Thickness of metal rim (6mm from edge):				
Minimum	12mm	12mm	12mm	12mm
Maximum	13mm	13mm	13mm	13mm

Throwing Circle



Discus Cage



Throwing a Discus

Throwing a discus requires a specific technique. Beginners will usually stand and twist their bodies while spinning, while experts and elite athletes will spin one and a half times - but this requires a strong and considered approach.

Here's how to throw a discus using the correct technique:

Starting position

Athletes stand at the back of the throwing circle, with their backs to the landing area. They grip the discus with their fingers and palm, with their hand in a claw-like position.

Wind up

The athlete begins rotating their body while swinging the discus behind them to build momentum. They complete one and a half spins while maintaining balance and ensuring that they stay within the throwing circle.

Entry

The athlete transitions into the power position by rotating their hips to shift their weight to their front foot. At the same time, they stretch out their other arm for balance.

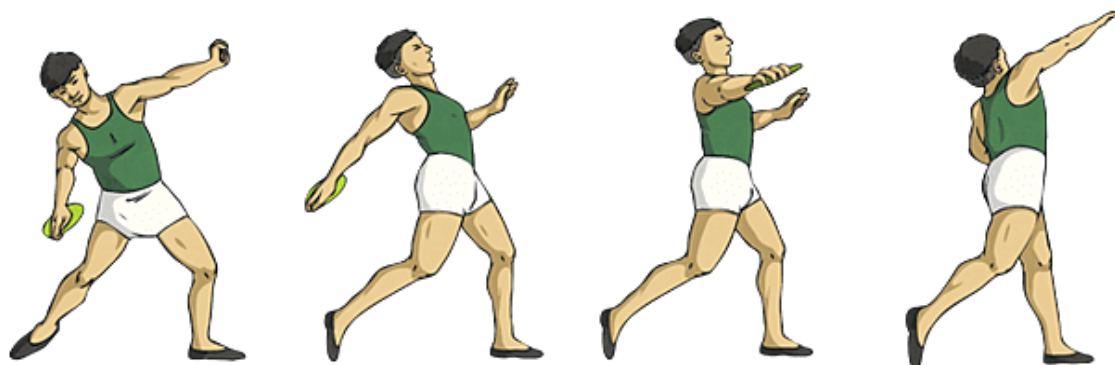
Delivery

Once the one-and-a-half spins are complete and the athlete is facing the landing area, they transfer their energy from their lower body to their upper body. They swing their arm around to release the discus at a 40-degree angle, in a smooth but forceful motion.

Follow through

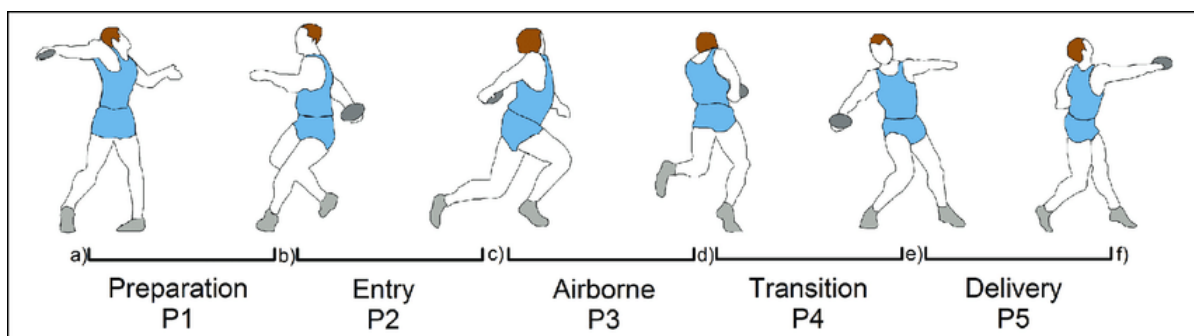
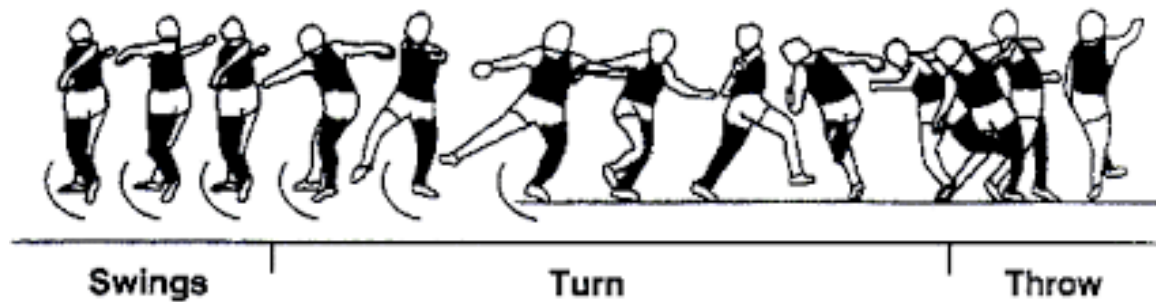
After release, the athlete allows the throwing arm to follow through and the body continues to rotate. The athlete then starts to slow down, ensuring they maintain balance and stay within the throwing circle. After the discus lands, the thrower leaves the throwing circle from the rear.

Discus Throw Technique



Standing Throw / Fling Throw

The fling throw is a specific technique used in the discus event in athletics. In all fling throws, the implement is thrown by moving it from a low to a high position and with the body weight being transferred from the back leg to the front leg.



Phases of Discus Throw

In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 8.5 of the Technical Rules) from the nearest mark made in contacting the ground when it first lands by:

- ❖ the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle; or
- ❖ the head of the javelin to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

Team of Officials

For a Discus Throw event, it is recommended to allocate the available officials as follows:

- a. The Chief Judge will watch over the whole of the event.
- b. Two Judges checking whether the throw has been made correctly and measuring the trial. One must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the throw has been measured, it is advised that the Judge stands at the entrance to the cage holding the red flag, while the implement is returned and the landing area is cleared. A cone may be placed at this point instead. (In some competitions this position is assumed by the Chief Judge of the event.) Where EDM is not in use the second Judge should pull through and hold the measuring tape in such a way that it passes through the centre of the circle.
- c. Judge immediately after the throw placing a marker indicating the point from which the trial is to be measured. If the implement lands outside the sector either this Judge or the one with the spike/prism (whichever is closer to the line) should indicate this by holding their arm outstretched. No indication is required for a valid trial.
- d. Judge positioning the spike/prism at the point where the marker has been placed ensuring the tape is on the zero mark.
- e. one or more Judges or assistants in charge of retrieving the implements and returning them to the implement stand or placing them in the return device. Where a tape is used for measurement, one of these Judges or assistants should ensure that the tape measure is taut in order to ensure a correct measurement.
- f. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).
- g. Judge in charge of the scoreboard (trial-number-result).
- h. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.
- i. Judge in charge of athletes.
- j. Judge in charge of the implement stand.

Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.

Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.

Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.

Ties

Except for the **High Jump and Pole Vault**, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 25.22, it shall be determined to be a tie.

WOMEN'S DISCUS WORLD RECORD

The first ratified women's discus world record was set by French athlete **Yvonne Tembouret** in **September 1923**. She threw the discus **27.39m (89ft 10 1/4in)**. Less than a year later, in July 1924, fellow French athlete Lucie Petit-Diagre broke the record with 27.70m (90ft 10 1/2in).

The first woman to throw the discus more than **100ft** was **Maria Vidlakova**, with **31.15m (102ft 2 1/4in)** in **October 1925**. Ten years later, in June 1935, German athlete Gisela Mauermayer achieved 46.10m (151ft 2 3/4in). Mauermayer actually broke the record a further five times, with her longest throw being 48.31m (158ft 5 3/4in).

The first woman to achieve a distance of more than 60m was German athlete **Liesel Westermann**, with a throw of 61.26m (200ft 11 3/4in) in November 1967. The current world record-holder, and the first athlete to throw the discus more than 75m, is German thrower **Gabriele Reinsch** who threw **76.80m (251ft 11 1/2in)** in July 1988.



Gabriele Reinsch, Germany (76.80m)



Kamalpreet Kaur, Punjab (66.59m)

MEN'S DISCUS WORLD RECORD

The first men's discus world record was set by US athlete James Duncan in May 1912. He threw the discus **47.58m** (156ft 1in). Duncan managed to hold the record until September 1924, when fellow US athlete Thomas Lieb achieved 47.61m (156ft 2 1/4in).

The first men's discus thrower to achieve a distance of more than 60m was US athlete Jay Silvester with **60.56m** in August 1961. Over the next 24 years, the record was broken 18 times. Then, in June 1986, German athlete Jurgen Schult set a world record of **74.08m** (243ft 1/2in). Schult retained the record-holder until April 2024, when Lithuanian athlete Mykolas Alekna threw **74.35m** (243ft 11in). He is the current world record-holder.



Mykolas Alekna, Lithuania (74.35m)



Vikas Gowda, Karnataka (66.28)

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