



National Veterans Golden Age Games

Throws

Discus, Javelin, & Shot Put

INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn, (Front and Back)
2. Field is considered one event towards the four 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. Medals will be awarded based on age division and gender.
 15. Scoring will be based on the length of the longest throw.
 16. Resolving ties: ties are resolved by the second-best performance of the tying throwers.

Age Division	Discus	Javelin	Shot put
M55-59	1.5kg	700g	6kg
M60-64	1.0kg	600g	5kg
M65-69	1.0kg	600g	5kg
M70-74	1.0kg	500g	4kg
M75-79	1.0kg	500g	4kg
M80+	1.0kg	400g	3kg
W50-54	1.0kg	500g	3kg
W55-59	1.0kg	500g	3kg
W60-74	1.0kg	500g	3kg
W75+	.75kg	400g	2kg