

Method of Measurement

- The measurement of each throw will be made from where the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle of which the arc is a part (8mts from the arc).
- The distance is measured at the point where the tape crosses the inner edge of the arc.
- The distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	24.75	X	24.62	24.75	4
B	25.35	24.92	25.87	25.87	2
C	24.65	24.35	24.75	24.75	3
D	25.87	25.35	25.03	25.87	1
E	X	X	X	NM	NM

- D beats B on count back to **3rd** Best Throw – 25.03mt vs 24.92mt
- C beats A on count back to **2nd** Best Throw – 24.65mt vs 24.62mt
- X should be used to indicate an Invalid Trial
- Results will always show "NM" when an athlete fails to record a measurable trial.

ATHLETES WITH A DISABILITY – THROWING EVENTS

Hearing Impairment

Throwing events are conducted as an able-bodied event.

- Use hand signals to instruct and guide the athlete to take their position in the circle.

Intellectual Impairment

Throwing events are conducted as an able-bodied event.

- Lighter implements may be used if athletes do not have the strength to use the weight of their own age group. The athlete and Centre may judge this case by case.

Visual Impairment

Athletes will be walked into the throwing circle by a guide and then allowed to throw by themselves.

- Once in position the athletes can make the throw, ensuring all athletes and officials are clear of the throwing area as per usual safety standards.

Physical Impairment

Athletes with physical impairments are not required to use a specific throwing chair. They may roll into the circle in their day chair and lock the brakes.

- Athletes with limb deficiencies may need assistance of a guide or parent to get set in position and handle the implements. Once in position the athletes can make the throw, ensuring all athletes and officials are clear of the throwing area as per usual safety standards.
- Lighter implements may be used if athletes do not have the strength to use the weight of their own age group. The athlete and Centre may judge this case by case.