

National Federation of State
High School Associations



2015 Track and Field and Cross Country

Throws Mechanics

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Take Part. Get Set For Life.™

Throws Mechanics

- Officials need to make sure that they station themselves in a position to observe the ring as well as see or hear the implement landing in the sector
- If there are two or more ring judges one can be assigned to make sure that the implement has landed prior to the competitor leaving the ring or runway.



Throws Mechanics

- Once the implement has landed the competitor may legally exit the ring.
- The ring official no longer calls “Mark”.



Throws Mechanics

- The competitor still must exit by the back half of the circle in the shot or discus or behind the foul line arc and the perpendicular side extensions in the javelin.



Throws Mechanics

- If the implement lands in the sector, the sector judge immediately goes to the spot of first impact.
- If the throw lands outside the sector, the sector judge indicates this with his/her hand extended towards the sector line that has been violated.



Throws Mechanics

- If the competitor fouls at the ring or arc, the ring judge immediately calls “Foul” or raises the red flag.
- If everything is legal at the ring or arc, the ring judge checks with the sector judge to make sure that it is a legal attempt before making a call.



Throws Mechanics

- If there is a sector foul, the ring judge will call “Foul” or raise the red flag.



Throws Mechanics

- Once the ring judge is sure that the competitor has not fouled at the ring or in the sector, the ring judge shall call “Fair” or raise a white flag.



Throws Mechanics

- The performance mark is then measured and recorded.

