Micro-Learning Club Coaching document #7

Week 7: 4 November 2026:

Junior Throw Fundamentals: Throwing Rules and Safety

- **Competition Procedures**: The thrower can enter the circle from anywhere, before the trial starts. However, I would teach the beginner to enter from the back and leave from the back. The thrower must pause and start the attempt from a stationary position. The thrower cannot leave the circle or runway until the implement has landed. The thrower must exit through the rear half of the circle after the implement has landed. The first contact with the top of the rim or the ground outside the circle is considered exiting. The implement must land within the designated area, if it lands on the sector line, it is considered a foul. Throws are measured from the front edge of the circle, toeboard (edge closest to circle), or foul line, closest to the landing point of the implement.

- **Attempts:** For an event under World Athletics rules, each thrower is allowed 3 preliminary attempts with a predetermined number of competitors; typically, the top 8 (or 9) will receive 3 more attempts in reverse order. This means the best thrower from the prelims competes last. If an equal number or fewer than the number of throwers that are predetermined to compete in the finals, then it is not required to have a fair or valid attempt in the preliminary rounds. The thrower's best mark of the competition determines the placing. If there is a tie, the second-best throw is the tie-breaking performance. For regional, club or school events, the above rules may not apply. For example, the event rules could state everyone gets 3 attempts, then the best 6 have one more throw.

- **Shot Put:** The shot event has specific rules on how the implement is to be held when completing an attempt. Note: The shot must rest on the neck/chin area or in close proximity and remain there through the motion of putting the shot until the act of release of the implement. The release should occur from above the line of the shoulder using one hand.

- **Recommended Competition procedures:** Officials will call the athlete when it is their turn and calls the following thrower as well. The current thrower will have 60 seconds to complete their trial. An official will raise a yellow flag when there is 15 seconds to go in the allocated minute. During the competition, the only athletes allowed with an implement in their hand are either the called athlete or the following athlete. Note: Personal implements may or may not be used, depending on the rules of the meet. If personal implements are used, the implements may become available for all throwers or remain the exclusive use of that athlete.

- **Tape and Substances**: Throwers are not allowed to tape two or more fingers together. If the tape is connected between the hand and fingers, it must be continuous, and each finger must move independently. Athletes need to show the taping of their hands before the event commences. Throwers can use substances on their hands or neck to better grip the implement; the substance needs to be easily removed with a wet cloth and not leave a residue on the implement. Throwers often use chalk to better grip the shot or discus.

- **Safety:** All throwing events have a high level of danger and officials together with athletes need to always check for a clear throwing zone before entering the circle. Retrievers and officials should stand well outside the sector lines before an attempt is made. Important: Retrievers and Officials in the field should never turn their back or look away while the competition is in progress. After returning an implement, the retriever should walk backwards or to the side with their heads turned when returning to their position, ideally outside the sector line. Also note: During warm-up throws, officials and retrievers need to be in place as if the competition had started.

For more reading:

Read our drill card for more details on Junior Throw Fundamentals in our Coaching resource section.

Yours in Athletics

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