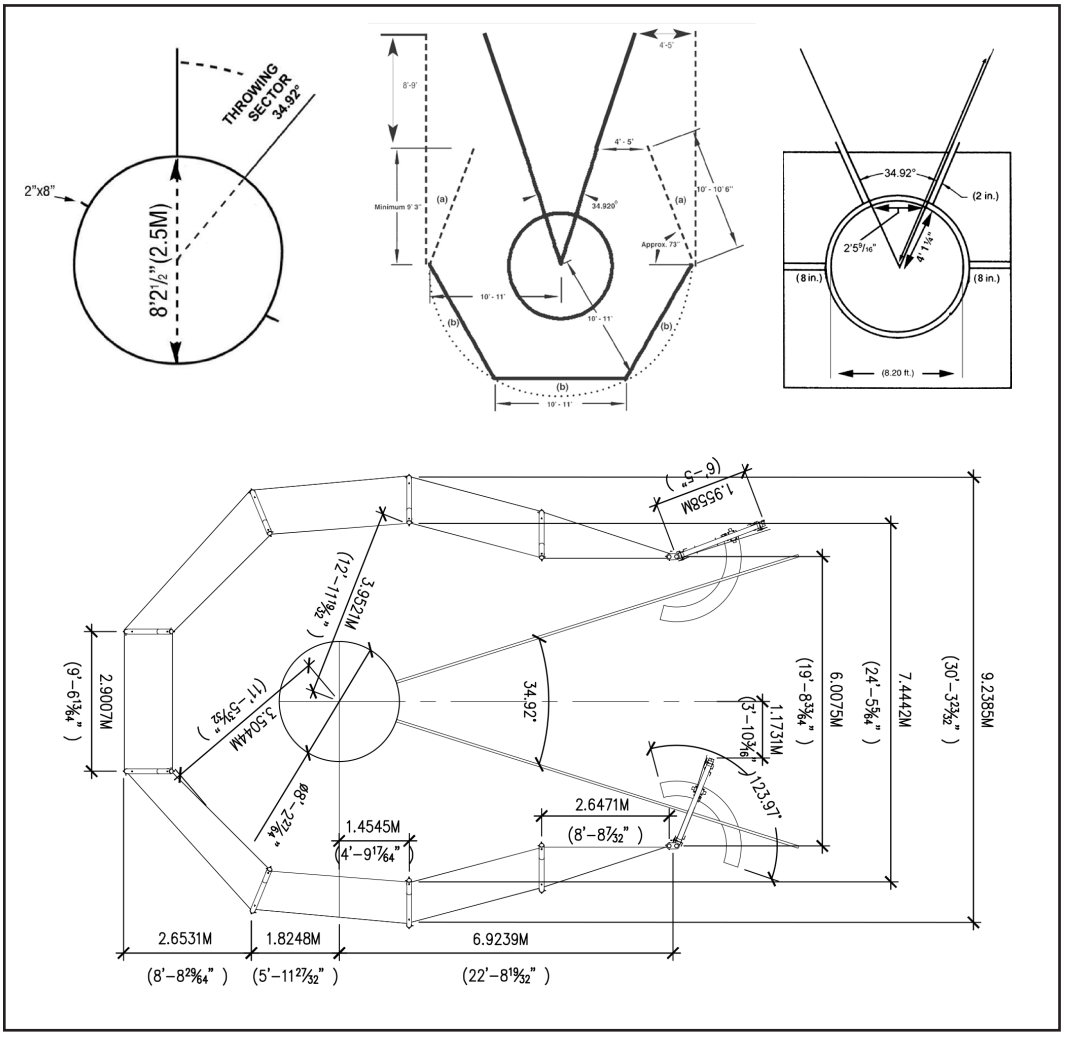
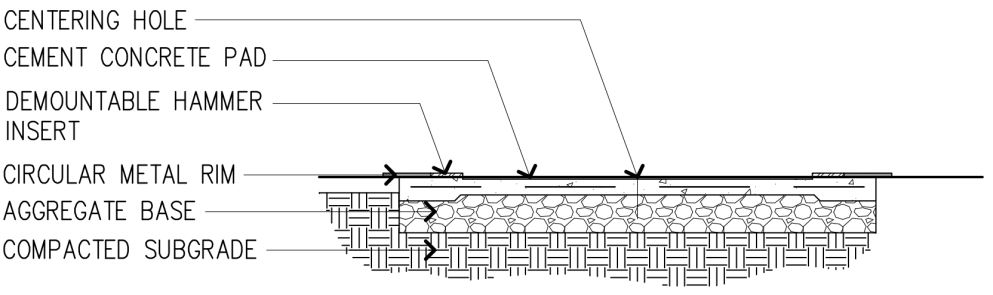
DISCUS SECTOR & CAGE – NFHS Rule 6-9

ART. 7. . .The throwing circle shall be 8 feet, 2½ inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ inch (1.9 centimeters) above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 centimeters) wide may substituted for the band. The inside edge of the line or band is the limit of the throwing circle.

ART. 8. . .Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 9. . . A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The inside edges of these lines shall mark the sector. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike an arc with a radius of 2 feet, 5 9/16 inches (75.07 centimeters), so that it intersects the circle. From the center of the discus circle and through this point, construct the second sector line.





DISCUS/HAMMER PAD SECTION A–A

Diagram A

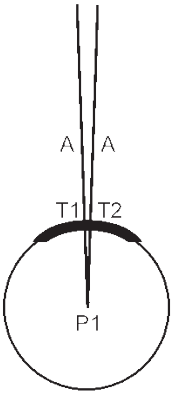


Diagram B

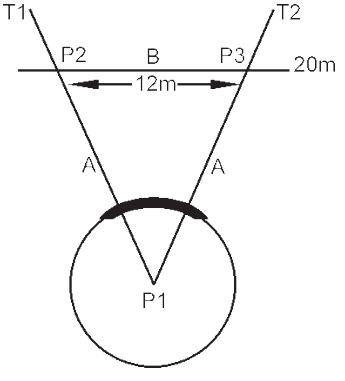


Diagram C

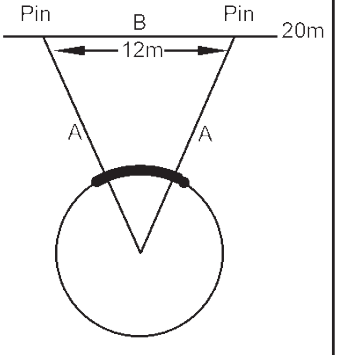


Diagram D

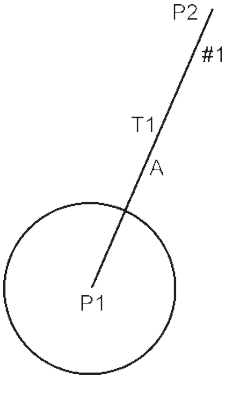


Diagram E

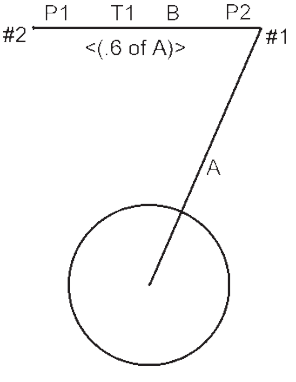
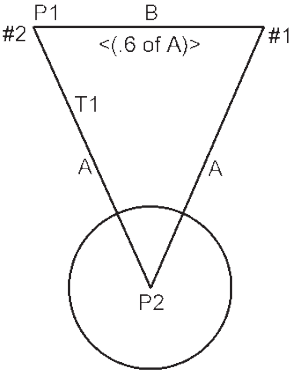


Diagram F



A = Sector line, B = Cross measurement, P = Person, T = Tape

SUGGESTED DISCUS CAGE SPECIFICATIONS

Portable or permanent installation. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back. There must be a rear to the cage, as well as sides that extend forward at least to the front of the ring and preferably several feet beyond the front of the ring.

Recommended Measurements:

- Height = 10 to 14 feet
- Front Opening = 20 to 24 feet measured across the center circle
- Distance from Corner Post to Sector Line = 4 to 5 feet
- Distance from Center of Circle to Fencing = 10 to 11 feet
- Fencing = energy-absorbing material: (a) 10 feet to 10 feet, 6 inches; (b) 10 to 11 feet;

NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.
2. The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not ensure the safety of the aforementioned personnel.
3. It is recommended that all throwing areas be corded off with rope, fence or flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.