



NATIONAL  
**VETERANS**  
GOLDEN AGE GAMES

## ***Field Events***

### ***Discus & Shot Put***

### ***At Home Competition***

**DIVISIONS:** Ambulatory

**REQUIRED AGE GROUPS:** All Age Groups

#### **EQUIPMENT NEEDED:**

1. Shot Put and Discus (size based on your age group)

<u>Age Division</u>	Discus	Shot put
M55-59	1.5kg	6kg
M60-69	1.0kg	5kg
M70-79	1.0kg	4kg
M80+	1.0kg	3kg
W50-59	1.0kg	3kg
W60-74	1.0kg	3kg
W75+	.75kg	2kg

2. Measuring tape in meters (at least 100m).
3. Cone or any item to place where implement lands after each throw.
4. Device to record video/take photo of participation: smart mobile phone, iPad, etc.

#### ***INSTRUCTIONS TO ATHLETES & RULES***

1. Please be sure to participate in a safe environment (e.g. please stay away from high traffic areas or areas that may be unsafe for any reason). Athletes and coaches should be aware of the area that they are competing in and be respectful of other bystanders and/or property in the area. For activities with throws implements you should always be aware of where the implements might land and allow for appropriate clearance in the vicinity of the landing zone.
2. Athletes should use the implements appropriate for their age groups.
3. Three attempts will be permitted for each athlete.
4. The shot must be put be near the shoulder with one hand so the shot does not drop below the shoulder.
5. The throw must be start in the circle from a stationary position.
6. Athletes should have a volunteer/coach to measure their throws and assist with marking distances.
7. Measuring:
  - a. Mark the landing spot of the implement.
  - b. Place zero point of the tape measurement at the mark.
  - c. Pull the tape throw the circle for measurement.
  - d. Mark the nearest edge of the first contact made by the implement to the closest edge of the throwing circle.
  - e. The distances are recorded to the next lowest centimeter (cm).
  - f. Any throw outside of the sector is considered a foul and is not to be measured.
8. Each athlete is given 30 seconds to complete their attempt.
9. Reminder of fouls:

- a. Fail to initiate the attempt in 30 seconds.
  - b. In throws from a circle, fail to start the attempt from a stationary position.
  - c. Athlete makes an illegal throw or uses an illegal implement.
  - d. 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.
  - e. Wear any illegal device or taping on the throwing hand, thumb or fingers.
10. Athletes should warm up prior to the competition,
  11. Scoring will be based on the length of the longest throw.
  12. Tiebreakers will be determined by the NVGAG National Staff.

***SUBMISSION OF FIELD EVENT RESULTS:***

1. Video
  - 30 second video of one of the throws for each event.
2. Photo
  - Photo of your field event circle/pit and equipment
3. Include the measurements of all three throws.
4. You can only submit **one** entry.