

## **Competition Rules for ANSW – NSW Throwers Club Permit Meets**

Each athlete will be permitted 6 throws in all events. Competition will be conducted in hammer discus and shot put. The absence of a run up and due to liability concerns javelin cannot be conducted at this venue. There are a limited number of implements on site but athletes are encouraged to bring their own.

Competition will be conducted in U/16 U/18 U/20 Open and Masters Categories.

Younger athletes will be allowed to compete with lighter implements and their throws will be recorded, but not officially recognised. It would be desirable that athletes using lighter discus use the regulation wood or fibreglass type and not the rubber version. At the discretion of the athletes, and to decrease the running time of each event, measuring will be after rounds three and six and the best throw recorded

As there are two cages available at opposite ends of the facility competition can be conducted from both in hammer and discus in an A and B format if there are enough competitors.

In hammer A will generally be for athletes throwing in excess of 40 metres while B will be for those throwing less than 40 meters.

In discus A and B groups will be decided on the day after discussion with the competitors.

If athletes are not registered with ANSW they will be allowed to compete in two competitions before being required to register. A form will be available to fill out on the day

The cost will be \$5 dollars for the day and this will cover entry to all 3 events payable at the commencement of competition

Performances can be used as qualifying marks for entry into State or National Competitions but cannot be used for record purposes