



MECHANICS AND RULES

Atty. Al Agra
As of December 21, 2022
(subject to change)

Participants

Category 1

1. UAAP and NCAA Student-Athletes

Category 2

2. UAAP and NCAA Throwing Coaches
3. NMSAAP Member-Throwers
4. POSF Member-Throwers

**All must be competitive/ active/ learned throwers.*

3 Events

1. Javelin Throw
2. Discus Throw
3. Shot Put

Participants may join as many events.

Date

Sunday, January 29, 2023

Venue

PhilSports Oval, Pasig City

Schedule

Onsite Registration: 7:30 a.m.

Must be pre-registered/ accomplished Google Form

Sequence

1. Javelin Throw: 8:00 a.m.
2. Shot Put: 10:00 a.m.
3. Discus Throw: 3:00 p.m.

Schedule may be adjusted on site

Goal

1. To Hit-the-Target and Win the Prize
 2. Not to make the farthest throw
- Test of accuracy, not power.*

Targets

Plastic cones/ targets:

1. All within the marked zone
2. Placed in spots where everyone in the category can hit
3. Different sizes and colors – the farther or smaller the target or depending on the color or instructions of the Organizer, the bigger or nicer the prize

Rules on Hitting the Targets

1. There shall be 2 Target Referees carrying 2 flags.
2. When green flag is raised, target is hit. When red flag is raised, target missed.
3. Targets must be directly hit by the implement
 - Javelin Throw – tip of the javelin
 - Discus Throw and Shot Put – any part of implement

Number of Throws

1. For each event, a participant will have a maximum of 15 attempts/ tries divided into 5 sets of 3 attempts/ tries each set (after 1 set, the next athlete in the sequence will throw)
2. The number of attempts/ tries may be increased by the Organizer depending on the outcome of the throws.
3. The athlete will choose the targets.
4. The athlete may choose a different target for every attempt/ try.

Sequence of Athletes

1. Each athlete shall be assigned a number.
2. The number will be written on the right forearm using a marker.
3. For each event, the sequence of athletes shall be randomly made (using a phone random picker app)

Weights of Implements

A participant will use an implement the weight of which shall correspond to the category s/he is eligible to join as of January 29, 2023.

Prizes

Possibly:

1. Cash
2. Gift Certificates
3. Throwing Shoes of your choice
4. Throwing Implements of your choice
5. Vitamins and Supplements
6. Apparel
7. Food
8. Accommodations
9. Other useful prizes

The name of the prize will be printed under the target (will not be shown to the participants)

After hitting a target/ cone, the target will be replaced or the prize will be changed.

Officials Head Official, Target Referees, Registration Staff and Medics

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