

RULE XXIII.

THROWING THE DISCUS.

The discus shall be of smooth, hard wood body, without finger holes, weighted in centre with lead discs, and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half ($4\frac{1}{2}$) pounds; outside diameter, eight (8) inches; thickness in centre, two (2) inches.

The circle for throwing the discus shall be similar in all respects to that of throwing the 56-pound weight and 16-pound hammer.

In making his throws the competitor may assume any position he pleases, and the rules governing a "fair throw" to be the same as the hammer and 56-pound weight.

A discus shall be furnished by the Games Committee. Any competitor may use his private discus (if correct in weight and shape), in which case the other contestants shall be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from the mark made by the discus to the centre of the circle.