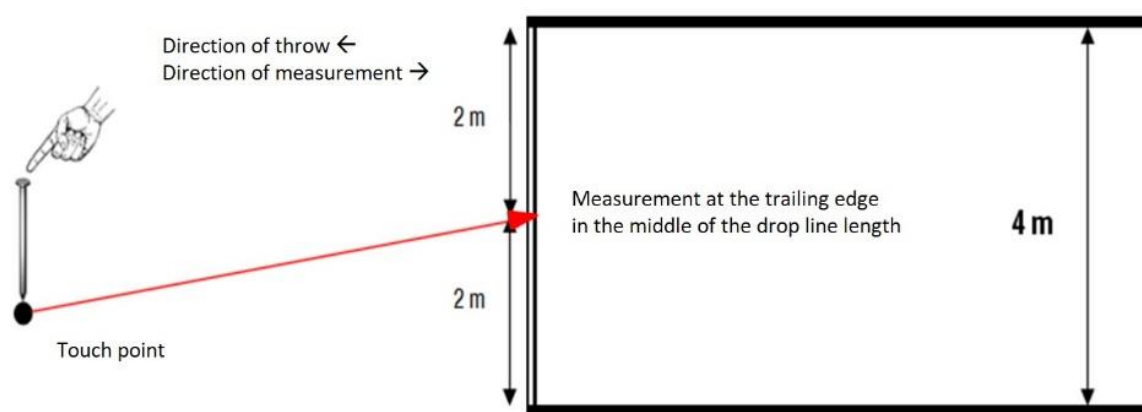


# Ball Throw (200g)

**Material:** Balls (if possible 6-9 per unit), measuring tape (min. 50m), 3 pegs, writing pad, writing utensils, plastic folder, broom

## The facility



## Measurement

At the middle point on the run-up side of the drop line/boundary beam (measuring point).

The measuring tape shall be placed in such a way that the power can be read at the drop line. The start of the measuring tape is at the point of impact of the ball.

The power is measured in metres and centimetres.

The measuring point is to be drawn in the middle of the drop line.

## Volunteers

3 helpers - division of tasks

- **Scribe:** Organisation of the arriving groups + Call out names + Read off and write down distance.
- **Measurer 1:** Checks the transition + measures the distance (possibly scribe).
- **Measurer 2:** Determine the point of impact + stretch the measuring tape to the back + measure only the furthest throw per competitor.

*The thrown balls are returned by the competitors or helpers.*

## Weight

200 g ball

## Missed attempt if...

- ...the drop line is touched.
- ...the floor behind the throwing line is touched with any part of the body (=overrun).

## Recommendations for the competition procedure

- Throw all three throws immediately one after the other
- Throw-in: Should be done under supervision for safety reasons. Everyone should be able to measure the run-up and throw about 1-2 balls (but this can be shortened or omitted for timetable reasons).
- The point of impact is marked with a pin. Only the farthest throw is measured. In case of doubt, if the distance is not clear from the angle optics, also measure 2+3 throws.



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