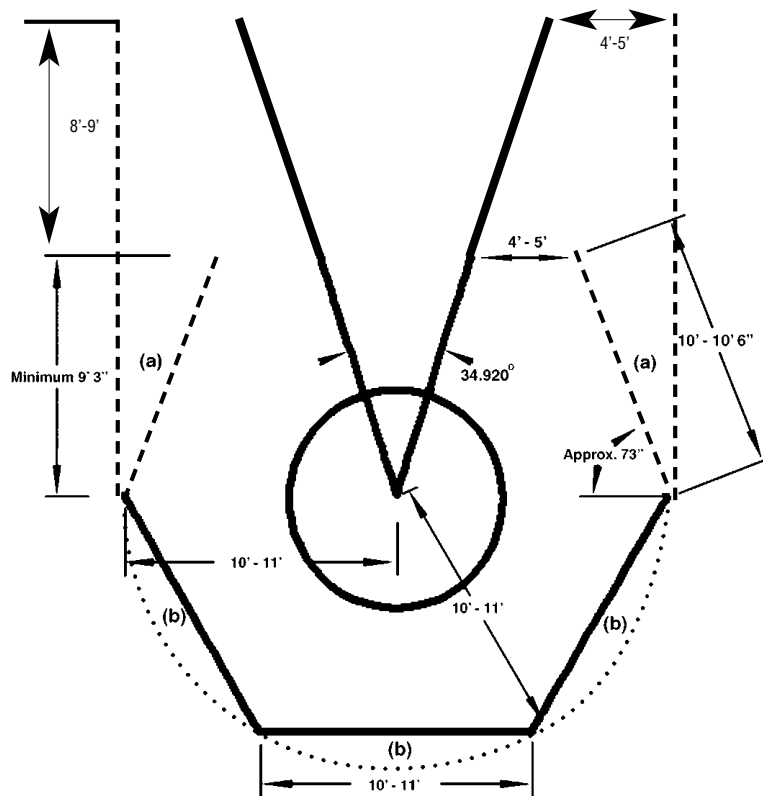


Appendix A – Discus Cage Guidelines

For both portable or permanent installation, it is recommended that the discus cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce-back. There must be a rear to the cage as well as sides that extend forward at least to the front of the ring and preferably several feet beyond the front of the ring. The ends of the cage (wing/gate pole) should be placed near enough to the sector lines to maintain a 4 to 5 feet relationship in distance from the lines.



SUGGESTED SPECIFICATIONS:

Height: 10 feet to 14 feet

Front Opening: 20 feet to 24 feet

Distance from Corner Post to Sector Line: 4 feet to 5 feet

Distance from Center of Circle to Fencing: 10 feet to 11 feet

Fencing: Energy-Absorbing Material

(a) 10 feet to 10 feet, 6 inches

(b) 10 feet to 11 feet

NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.
2. The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not ensure the safety of the aforementioned personnel.
3. It is recommended that all throwing areas be corded off with rope, fence or flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.