

DIAGRAM B MINIMUM
NJSIAA REQUIRED DISCUS CAGE
NFHS Rule 6-4-6

1. Cage is required.
2. There shall be a rear to the Cage as well as sides that extend forward at least to the front of the ring.
3. Cage be constructed of a heavy Nylon netting or other material that will absorb the energy of the discus to prevent bounce back.
4. Distance of End/Wing Poles within 4 feet to 5 feet of the sector lines.
5. Minimum cage height 10 feet.
6. Minimum distance from circle mid point/ center to End/Wing Poles 10 feet.
7. Recommendation End/Wing Poles should have energy absorbing netting or padding attached.

Note the red lines indicating 4'–5' from the sector line. (diagrams Jim McMillan)

NJSIAA Cross Country, Track & Field Rules Interpreter

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