

RULE 6-4 (p.43)**SHOT PUT****SUMMARY OF RULES - 2022****Implements:**

- 1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.....6-10-2
 2) Shot Puts may not have indentations.....6-10-1
 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.6-2-13

Uniforms

- 4) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
 5) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 6) There must be supervision. An official or coach must be present during warm-up.6-2-6
 7) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
 8) Event concluded - there will be no further activity - event area is closed.6-2-9
 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

Order: Shot Put = Boys 1st [even year], Girls 1st [odd year]

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
 10) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
 11) Finalists put worst to best.6-2-3...6-2-20
 12) Order may be changed in any throwing event to allow for participation in other events....6-2-3

Grip:

- 13) Chalk or an adhesive such as rosin may be used to assist with grip.6-2-14
 14) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.6-4-1
 15) Taping of wrists permitted; wearing support belts permitted.6-4-1

Trials:

- 16) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-17
 17) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-10

Time Limit (6-2-2: Table 1, p.40):

- 18) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2....6-4-3a
 19) Time limit when excused to other events = determined by games committee.....6-2-4

Measurements:

- 20) Marks are recorded after each legal trial.mhsaa
 21) SECTOR LINES are out-of-bounds. Puts shall be made from inside the circle.....6-9-2
 22) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.6-4-4
 23) Legal trials are measured and recorded to nearest lesser quarter ($\frac{1}{4}$) inch or cm.....6-4-5

Finals:

- 24) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-19
 25) One (1) more competitor advances to finals than places awarded no substitutions.....6-2-19
 26) If 8 places score, 9 competitors advance to finals plus everyone tied for 9th advance.....6-2-19

Failed Attempts:

- 27) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.6-4-3a
 28) Once in the circle, Competitor FAILS TO PAUSE before starting the put.6-4-3b
 29) Competitor TOUCHES ANY SURFACE outside of circle during the put.6-4-3ce
 30) The SHOT DROPS BEHIND OR BELOW the shoulder.....6-4-3d
 31) A legal put must be made from shoulder with ONE HAND ONLY from inside the circle.6-4-2
 32) Shot does not fall WITHIN the sector lines.....6-4-3f
 33) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.6-4-3g
 34) Competitor DOES NOT EXIT BACK HALF of the circle.....6-4-3h
 35) Competitor does a "CARTWHEEL.".....6-4-3i

Ties: (6-3-2a)

- 36) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
 37) Ties remaining after this process -
 Add points for places & divide between competitors.6-3-4

RULE 6-5 (p.44)**DISCUS THROW****SUMMARY OF RULES - 2022****Implements:**

- 1) Boys: Discus = 1.6 Kg; Girls: Discus = 1 Kg.....6-10-4
 2) A Discus may not have indentations, projecting points or sharp edges.....6-10-3
 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.6-2-13

Uniforms:

- 4) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
 5) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 6) There must be supervision. An official or coach must be present during warm-up.6-2-6
 7) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
 8) Event concluded - there will be no further activity - event area is closed.6-2-9
 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

Order: Discus Throw = Girls 1st [even year], Boys 1st [odd year]

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
 10) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
 11) Finalists throw worst to best.6-2-3...6-2-20
 12) Order may be changed to allow for participation in other events.6-2-3

Grip:

- 13) Chalk or an adhesive such as rosin may be used to assist with grip.6-2-14
 14) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.6-5-1
 15) Taping of wrists permitted; wearing support belts permitted.6-5-1

Trials:

- 16) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-17
 17) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-10

Time Limit (6-2-2: Table 1, p.40):

- 18) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2....6-5-3a
 19) Time limit when excused to other events = determined by games committee.6-2-4

Measurements:

- 20) Marks are recorded after each trial.mhsaa
 21) SECTOR LINES and CAGES are out-of-bounds. Throws shall be made from inside the circle.....6-9-2
 22) Measure from nearest edge of mark to inside edge of circle through its center.....6-5-3
 23) Legal trials are measured and recorded to nearest LESSER inch or EVEN cm.6-5-4

Finals:

- 24) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-19
 25) One (1) more competitors advance to finals than places awarded - no substitutions.....6-2-19
 26) If 8 places score, 9 competitors advance to finals plus everyone tied for 9th advance.....6-2-19

Failed Attempts:

- 27) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.6-5-2a
 28) Once in the circle, Competitor FAILS TO PAUSE before starting throw.6-5-2b
 29) Competitor TOUCHES any surface outside of circle during throw.....6-5-2c
 30) Discus does not fall WITHIN the sector lines.....6-5-2d
 31) Discus hits the cage or object outside the sector and ricochets back into the sector.6-5-2e
 32) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.6-5-2f
 33) Competitor DOES NOT EXIT BACK HALF of the circle.....6-5-2g
 [NOTE: Competitor may enter circle from anywhere]

Ties: (6-3-2a)

- 35) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.)6-3-2a
 36) Ties remaining after this process -
 Add points for places & divide between competitors.6-3-4

RULE 6-7 (p.46)**HORIZONTAL JUMPS - LONG JUMP****SUMMARY OF RULES - 2022****Landing Area:**

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide.6-9-15
 2) The landing area should be filled with 12" sand or soft material & level with the board.....6-9-16
 3) The landing area shall be a minimum of (23) feet long and (9) feet wide.....6-9-17
 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability.6-9-17

Uniforms:

- 5) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
 6) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 7) There must be supervision. An official or coach must be present during warm-up.6-2-6
 8) Warm-up approaches shall only be run in the direction of competition.....6-2-7
 9) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
 10) Event concluded - there will be no further activity - event area is closed.6-2-9
 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

Order: **Long Jump = Girls 1st [even year], Boys 1st [odd year]**

- 11) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
 12) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
 13) Finalists jump worst to best.6-2-3....6-2-20
 14) Order may be changed in any jumping event to allow for participation in other events....6-2-3

Check marks:

- 15) The type material used for check marks is determined by the games committee.3-2-4b
 16) Check marks are not allowed on the runway or in the landing pit.6-7-1

Trials:

- 17) Larger meets: 3 prelims – 3 finals: all trials count for placing.6-2-17
 18) Smaller meets: 4 trials – no finals: all trials count for placing.3-2-4f...6-2-10

Time Limit (6-2-2: Table 1, p.40):

- 19) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2....6-7-3f
 20) Time limit when excused to other events = determined by games committee.....6-2-4

Failed Attempts:

- 21) Any part of the shoe violates the foul line.....6-7-3a
 22) Competitor runs through the foul line or foul line extended.....6-7-3b
 23) Competitor does not keep head in superior position. [NO somersault]6-7-3c
 24) Competitor does not land in the pit.6-7-3e
 25) When leaving the pit, competitor touches the ground outside the landing area
 closer to the foul line than the nearest mark made in the sand.....6-7-3e
 22) Competitor fails to initiate a trial within one (1) minute after name is called.6-7-3f

Measurements:

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line.6-7-4
 24) The foul line may need to be extended to ensure a perpendicular measurement.6-7-4
 25) Measurements of trials shall be taken at the takeoff board.6-7-5
 26) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-7-6

Finals:

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals.6-2-19
 28) One (1) more competitor advances to finals than places awarded - no substitutions.6-2-19
 29) If 8 places score, 9 competitors advance to finals plus everyone tied for 9th advance.....6-2-19

Ties: (6-3-2a)

- 30) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
 31) Ties remaining after this process -
 Add points for places & divide between competitors.....6-3-4

RULE 6-8 (p.47)**VERTICAL JUMPS - HIGH JUMP****SUMMARY OF RULES - 2022****Landing Area:**

- 1) Landing pads in sections must be attached and encased in a common cover.6-9-20
 2) Bordering surfaces (concrete/asphalt) shall be padded 2" min. dense foam material.6-9-21
 3) Support bases shall be marked as to their location at the start of competition.6-9-22
 4) Mark the X-Bar and base of the standards in exactly the same position before displacement.6-8-12
 5) High Jump crossbar shall be circular, non-metal and 12' to 14'10" in length.....6-9-23

Uniforms:

- 6) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
 7) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 8) There must be supervision. An official or coach must be present during warm-up.6-2-6
 9) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
 10) Event concluded - there will be no further activity - event area is closed.6-2-9
 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
 11) Bungee cord crossbars may be used for warm-up jumps.6-8-3

Order: **High Jump = Boys 1st [even year], Girls 1st [odd year]**

- 12) Calling contestants in listed order or using the "Five-Alive" system is allowed.....6-8-2
 13) If number of competitors is less than 9, then ALL will be in a single continuing flight.....6-8-2
 14) Order may be changed in any jumping event to allow for participation in other events....6-2-3

Check marks:

- 15) Games committee specifies location, marking material and number of check marks.6-8-6

Trials:

- 16) Competitors receive three (3) trials at each height.6-8-1
 17) Trials may be passed. Only the number of attempts left will be available.6-8-1
 18) Once three (3) consecutive misses occur the contestant is finished with event.....6-8-1
 19) Contestants who pass three or more consecutive heights with NO attempts are
 permitted one (1) warm-up jump w/o the crossbar in place and enter at that height.
 The warm-up must be taken at a height change.6-8-7

- 20) Opening heights will be determined by games committee.6-8-8
 21) When only one competitor remains, the event winner can choose the next height.....6-8-8
 22) An accurate measurement of the bar shall be taken before each record attempt.6-8-12
 23) Measurements shall be made to the nearest lesser ¼ inch or centimeter6-8-13

Time Limit (6-2-2: Table 1, p.40):

- 24) When called competitors must initiate a trial within one (1) min if more than three
 competitors. Three (3) min when three or fewer are left. Five (5) min when one is left....6-2-2
 25) Time limit when excused to other events = determined by games committee.6-2-4

Failed Attempts:

- 26) Competitor displaces crossbar during an attempt to clear6-8-11a
 27) Competitor touches ground/landing area beyond plane of crossbar w/o clearing bar.6-8-11b
 28) Competitor clears height, then contacts upright and displaces (or steadies) crossbar.....6-8-11c
 29) After x-bar set and name called competitor fails to initiate a trial within one (1) minute.6-8-11d
 30) Competitor fails (total body) to go over the crossbar.6-8-11e
 31) Competitor takes off from two (2) feet; uses weights/artificial aids.....6-4-16....6-8-11f

General:

- 32) The crossbar shall not be lowered once the event begins. Exception: 1st place tie.....6-8-9
 33) If a support ever slips down, the judge will rule 'no jump' and allow another trial.....6-8-4
 34) A crossbar displaced by an external force after a cleared attempt is counted as successful.....6-8-5

Ties (6-3-2b):

- 35) 1st tie breaker: fewest number of misses at tied height is winner.6-3-2b1
 36) 2nd tie breaker: fewest number of misses during competition is the winner.6-3-2b2
 37) Passed trials shall not count as misses.....6-3-2b3
 38) 3rd tie breaker (for 1st place only): Allow (1) more trial at tied height.....6-3-2b4
 Tied jumpers both miss = lower the bar 1" and allow (1) trial.
 Tied jumpers both clear = raise the bar 1" and allow (1) trial.
 Continue to raise/lower the bar and allow (1) trial until winner is determined.

- 39) Ties below 1st place: add points for places & divide by number of tied competitors.6-3-4

RULE 6-8 (p.48) VERTICAL JUMPS - POLE VAULT (p1 of 2) SUMMARY OF RULES - 2022

Landing Area:

- 1) Landing pads in sections must be encased in a common cover.6-9-26
- 2) The maximum cutout for the planting box shall be 36" in width.6-9-27
- 3) Hard surfaces shall be padded with a minimum 2" of dense foam/suitable material.6-9-28
- 4) Support bases must be secured or weighted to prevent them from tipping over.6-9-29
- 5) Width between support pins is $\geq 13'8"$ and $\leq 14'8"$6-9-29
- 6) Pole Vault crossbar shall be circular, non-metal and $\geq 14'8"$ and $\leq 14'10"$ in length.6-9-30
- 7) The X-bar is placed 18" to 31½" beyond the stop board toward the landing pit (Fig 14).6-8-20

Uniforms:

- 8) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
- 9) Competitors must wear shoes fastened securely to both feet.4-3-1a

Poles:

- 10) Poles may be any length and diameter.6-8-14
- 11) The bottom of pole may be protected tape, PVC, sponge rubber, suitable material.6-8-14
- 12) Manufacturer's pole rating shall be a minimum of ¾-inch in a contrasting color located within or above top handhold position. And, a one 1-inch circular band placed by the manufacturer to indicate the top handhold position is required.6-8-15
- 13) Prior to competition, the coach must verify poles meet specifications and that the vaulter is using a pole rated \geq the vaulter's weight.6-8-15
- 14) Variable weight pole; mismarked pole; lighter rated pole = Illegal = Event DQ.6-8-16

Warm ups:

- 15) Pole vault warm-up may not start until poles have been inspected & approved for use.6-8-17
- 16) An official or coach must be present during warm-up. There must be supervision.6-2-6
- 17) Warm-up approaches shall only be run in the direction of competition.6-2-7
- 18) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
- 19) Event concluded - there will be no further activity - event area is closed.6-2-9
- 20) Event concluded – ALL associated equipment INCLUDING POLES is removed from area6-2-9

1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

- 21) Bungee cord crossbars may be used for warm-up vaults.6-8-3

Order: Pole Vault = Girls 1st [even years], Boys 1st [odd years]

- 22) Calling contestants in listed order or using the "Five Alive" system is allowed.6-8-2
- 23) If number of competitors is less than 9, then ALL will be in a single continuing flight.6-8-2
- 24) Order may be changed in any jumping event to allow for participation in other events.6-2-3

Check marks:

- 25) Checks marks are not allowed on the runway. They must be placed on the side.6-8-21

Grip:

- 26) Taping wrists is allowed; Tape NOT allowed on hand unless to cover an open wound.6-8-22
- 27) Gloves NOT allowed. The use of a forearm cover to prevent injuries is permitted.6-8-22
- 28) Chalk or an adhesive such as rosin may be applied to hands or pole.6-8-22
- 29) Tape on poles must be of uniform thickness below top hand hold mark.6-8-14

Trials:

- 30) Opening heights will be determined by games committee.6-8-19
- 31) When only one competitor remains, the event winner can choose the next height.6-8-19
- 32) All competitors receive three (3) trials at each height.6-8-1
- 33) Trials may be passed. Only the number of attempts left will be available.6-8-1
- 34) Once three (3) consecutive misses occur the contestant is finished with event.6-8-1
- 35) A broken pole during an attempt does not count as a trial.6-8-23
- 36) A crossbar displaced by an external force after a cleared attempt is counted as successful.6-8-5
- 37) An accurate measurement of the bar shall be taken before each record attempt.6-8-28
- 38) Measurements shall be made to the nearest lesser ¼ inch or centimeter.6-8-29

Time Limit (6-2-2: Table 1, p.40):

- 39) When called competitors must initiate a trial within one (1) min if more than three competitors. Three (3) min when three or fewer are left. Five (5) min when one is left.6-2-2
- 40) Time limit when excused to other events = determined by games committee.6-2-4

RULE 6-8 (p.48) VERTICAL JUMPS - POLE VAULT (p2 of 2) SUMMARY OF RULES - 2022

Failed Attempts:

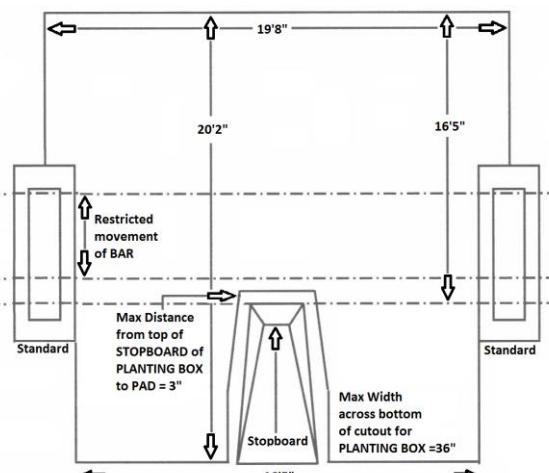
- 41) Competitor displaces crossbar with body or pole during an attempt to clear.6-8-27a
- 42) Competitor leaves ground and fails to clear. (excludes aborted approaches)6-8-27b
- 43) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole.6-8-27c
- 44) Body/pole touches ground/landing area beyond plane of stop board before clearing.6-8-27d
- 45) Competitor fails to initiate a trial after being called within time limit.6-8-27e
- 46) Competitor clears the height, contacts upright and displaces (or steadies) crossbar.6-8-27f
- 47) Competitor grips the pole above the top circular band placed by the manufacturer.6-8-27h
- 48) Competitor touches (or catches) pole to prevent it from dislodging crossbar.6-8-27i

General:

- 49) No person except competitor, official or designee allowed to touch the pole.6-8-25
- 50) The crossbar shall not be lowered once the event begins except for a 1st place tie.6-8-26
- 51) Mark the X-Bar and base of the standards to ensure consistent placement.6-8-28
- 52) If a support is misplaced or slips, this is 'no vault' and another trial will be allowed.6-8-4
- 53) Contestants who pass three (3) or more consecutive heights with NO attempts are permitted two (2) minutes of warm-up per no. of opponents w/o the crossbar in place. Warm up must occur at the height change and contestant(s) enter at that height.6-8-18

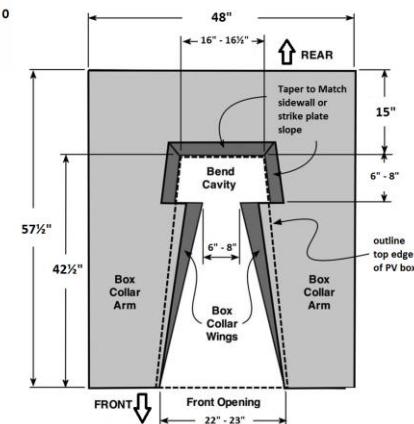
Ties (6-3-2b):

- 54) 1st tie breaker: fewest number of misses at tied height is winner.6-3-2b1
- 55) 2nd tie breaker: fewest number of misses during competition is the winner.6-3-2b2
- 56) Passed trials shall not count as misses.6-3-2b3
- 57) 3rd tie breaker (for 1st place only): Allow (1) more trial at tied height.
Tied jumpers both miss = lower the bar 3" and allow (1) trial
Tied jumpers both clear = raise the bar 3" and allow (1) trial
Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 58) Ties below 1st place: add points for places & divide by number of tied competitors.6-3-4



Landing System
Figure 14
Page 59
Rule 6-9-26

Box Collar
(ASTM Specification Standards)
Rule 6-9-27



Uniform Guidelines**PROACTIVE:**

Athletes may fix their uniforms before competition begins.

INVISIBLE:

Socks; Arm Warmers; HAIR CONTROL; Visor; Waistband Logo;
Undergarments; Medic Alert; Gloves in HJ & LJ

OK:

Ski Band; Knit Watch Cap; Ball Cap; Jewelry; Sunglasses; Watches;
Sweatband 2" wide; One Mfg Logo per top/bottom 2 1/4" square

NOT OK:

Offensive Tattoo; Dew Rag; Temporary Body Adornment;
Bare Midriff; Hazardous Jewelry; GLOVES in relays/shot/discus/vault

Check In

A contestant who fails to report before the start of competition shall not be allowed to participate in the event (Rule 4-1-3). Contact the REFEREE.

Athletes Excused to Another Event

- **KNOW** the procedure and time limits set by the *games committee*.
- **COMMON SENSE** must prevail.
- **ASK** athletes at check-in if they have other events.
- RE-ORDER FLIGHTS** to facilitate athletes competing in other events. Inform the athletes they may choose to 1) move ahead in the order of competition or 2) take consecutive trials before being excused.
- **BE PROACTIVE:** Allow a teammate or coach to report to a field event in place of the competitor if the competitor is competing in another event. Their presence validates the entry of the excused athlete.
- **TIME-STAMP** excused athletes when 1) they leave and 2) they return.
- **FINALS - DO NOT CALL** an athlete who is legally excused to another event. Continue the competition.

NOTE: The competitor with the best prelim mark may wait until any excused competitors have taken all their trials to take the FINAL attempt of the competition (6-2-3).

Athlete Excused to Another Event - HAS NOT RETURNED**SP, DT, & LJ**

If an athlete has not returned and all others have completed trials, announce that all remaining throws must be completed for example, in 10 minutes (or another pre-designated time).

HJ & PV

If an athlete has not returned and all others have cleared the height, announce that the bar will raise. For example "**In 5 minutes** (or another pre-designated time) **the bar will raise to the next height.**" Unused attempts will be marked as a *pass* and may be used at the new height.

Judges Terminology - ALL FIELD EVENTS**CALLING TRIALS**

James 'UP' | William 'ON DECK' | Thomas 'ON HOLD'.

Competitors must be ready when they are '**UP**,' not getting ready

GOOD ATTEMPT

'**Fair**' - or - White Flag (The use of FLAGS is recommended)

FAILED ATTEMPT

'**Foul**' - or - Red Flag (The use of FLAGS is recommended)

RECORDING TRIALS (HJ & PV)

O ➔ cleared height **X** ➔ failed attempt - ➔ attempt passed

Order of Competition

- | | | |
|---------|--------------------|---|
| ▪ ORDER | HJ, PV | ➔ "5 Alive" format.
➔ If number of competitors is less than 9, then ALL will be in a single continuing flight. |
| ▪ ORDER | DT & SP | ➔ Regional & State Final will be 1-1-1. |

Measuring Attempts

- | | | |
|-----------|-----------------------------|---|
| ▪ MEASURE | LJ, HJ, PV, & SP | ➔ to nearest lesser 1/4" or cm. |
| ▪ MEASURE | DISCUS | ➔ to nearest lesser 1" or EVEN cm. |
| ▪ MEASURE | LONG JUMP | ➔ at the takeoff board <u>not the pit</u> . |
| ▪ MEASURE | HJ & PV | ➔ heights before record attempts in. |

Communication

- AVOID announcing the name of an athlete or school who's AWOL.
- Clearly ANNOUNCE performance heights/distances after each attempt.
- ANNOUNCE and CIRCLE the best performances after final attempts. RECORD carefully in 'BESTS COLUMN.'
- ANNOUNCE order of finish and best performance at conclusion of competition.
- SEND INFORMATION to press box announcer.

Advancing Prelims to Finals

- DOUBLE-CHECK the score sheet.
- CONFIRM - The Finalists before announcing.
- SEND FINALIST INFO to press box announcer.
- ANNOUNCE - 1) Finalists & best prelim performance;
2) time at which finals begin.
- (optional) RE-WRITE Finalists AND best prelim mark on another sheet in order of finals competition.
- Competitors may view video in a coaches box or unrestricted area.

Appeals / Questions (example: improper attire or implement)

- 1) Record the performances.
- 2) Do not announce results if there is a question or appeal.
- 3) Contact the REFEREE to resolve issue.

Shot Put & Discus Throw**TRIALS at Regional and State Final Meets**

MHSAA Track & Field Committee Meeting January 26, 2002

In the [shot put and discus throw] each competitor shall be allowed three preliminary trials. In the finals, each qualifier is awarded three additional trials [6-2-17].

Additionally, at MHSAA Regional and State Final meets, these trials shall be taken in the sequence 1-1-1 [MHSAA].

Shot Put & Discus Throw**Set-Up of the 34.92-degree Throwing Sector**

from The NFHS 2022 Track & Field Rule Book

Appendix B; p. 81 - 82

The degree measure of sectors in both the Shot Put and Discus Throw for 2008 and beyond will be 34.92 degrees.

The Isosceles Triangle Formula: **BASE = 0.6 x LEG**

