

Uniform regulations: preventive—check when they check in. This gives athletes a chance to fix their uniforms.

- Any school issued or school approved garment is legal. Top must be long enough to tuck in or hang below waist when standing erect. Tops shall not be knotted or have knot like protrusions. **NO bare midriffs.** Waist bands of a competitors bottom must be worn above the hips. Athletes may compete in school issued sweats. No more than one manufacturers logo per garment and smaller than 2 1/4" square.
- Shoes must be worn and firmly secured to foot.
- All jewelry is legal. Any medical alert jewelry must be visible. Check for temporary body adornment; **they are not legal.**
- Permanent tattoo's are legal if not offensive.
- Multiple color ribbons are OK. Sweatbands, ski bands and knit hats are allowed w/ single school or manufactures logo and no logo dimension bigger than 2 1/4". Sweatbands must be two inches or less in width. **NO dew rags or ball caps.**
- Sunglasses are allowed. Atomizers are allowed before or after event; during event with a doctors statement.
- Remind athletes to tuck jerseys in if possible when the athlete is standing. Throw judges should do this before each flight.
- **Foundation garment:** there are no foundation garment restrictions or rules.

Breaking ties:

- Shot put, discus, and long jump break ties in the finals only by comparing second best performances, etc. **Do not break a tie for a final place to finals. (Regional and State Finals or meets with finals take 9 places to the final if scoring eight, 7 if 6).**
- High Jump and Pole Vault:
 - a) Fewest trials at the tied height, then
 - b) Fewest misses overall
If for any place other than first after a) and b) then the tie remains;
If for first place: after a) and b), then
 - c) one more jump at tied height and if one makes event is over, then d) lower the bar by 1" in HJ and 3" in PV and one more jump, raise if any tied make or lowering if all tied miss (use the same intervals), until a winner can be determined. Passes are not allowed in jump offs.
- Shot, Discus and Long Jump: Break ties using next best attempt

What if you have questions?

- **Record but do not announce** performances which may or have been questioned or immediately appealed- i.e. uniform violation, improper implement, etc. (Some fouls are a judgment call and may not be appealed, but they may try anyway.)
 - Have someone contact the referee! (mark the attempt until resolved if necessary; do not cause event delay)

Missing Athletes: Rule 4-1-3: Contestants who fail to report ... until after their judge starts competition in the field events shall not be allowed to participate in that event (Contact the referee)

Athletes who leave to participate in another event. (Sample guidelines-check with YOUR games committee!)

- **When checking athletes in ask if they will have to leave for another event.** You may reorder the flights to accommodate their running event schedule.
- **Record the time** leaving the event(s). (First call and second calls should have been made for their gender before they leave) Encourage the athlete to have another teammate check into the other event for them. **Record time returning to event.**
- **Encourage athletes to take trials out of order or multiple trials when they hear first call and before they leave.** If they are going to another field event make a plan for their remaining competition; see excused guidelines below.
- **Use common sense when applying these:** Your games committee may use the following guidelines for returning (check with games committee for guidelines on the amount of time a competitor can be excused to different events!)
- For **shot and discus**; if an athlete is not back after all other throwers have completed their turns, have it announced that **all remaining throws for your event must be completed in 10 minutes or a pre-designated time.**
- For **long jump** run and open pit, if an athlete is not back after all other jumpers have completed their turns, have it announced that **all remaining jumps must be completed with 10 minutes or at a pre-designated time.**
- For **high jump** and **pole vault**, if an athlete is not back when all other jumpers have cleared the height, attempt to locate jumper, announce 5 minutes to complete attempt(s), wait 5 minutes, then raise the bar. The unused attempts should be marked a "pass" and the athlete(s) **may take the remaining jump(s) from the previous height at the new height.**
- **(If there are pre-lims and finals)** During either, an athlete should not be called while legally excused: in finals, you continue competition, but athlete who has the best seed for the final has the right to wait until the excused athlete returns and competes to make their **final** attempt. Athlete with best pre-lim mark has right to the last Long Jump, Shot put or Disc throw.
- **Call athletes:** " up", " on deck", " on hold." Remind athletes to be ready, not getting ready when they are up. **Terminology:** "**fair**" or **white flag** for a good attempt; "**foul**" or **red flag** for a missed attempt. Please use flags!!

Measurement (each throwing attempt)

- Long jump and shot put; nearest lesser 1/4". Discus nearest lesser 1". High Jump and Pole Vault to nearer lesser 1/4"
- **For records:** In the pole vault and high jump, **the bar should be measured to the nearer lesser 1/4" before record attempts.** Athletes going for school records should advise you when this is going to happen. **Mark top of bar to maintain same bar sag.**
- **Read length measurements loudly. Read the best performance after last attempt.** Following the final attempt you circle the best and record in bests column, figuring results will be faster and more accurate. Announce order of finish and best performance.
- (For finals following prelims) **When announcing finalists, read their best performance** just in case you missed someone Have someone **double check** your selection of those athletes **before you read them.** Also **send a messenger** to the press box to announce when the finals will begin and who qualified.
- **Long jump, discus and shot put may want to re-write finalists on the bottom of the sheet so they are all together. If so, please transfer the best preliminary mark as it counts.**
- **Remember,** athletes are **allowed** to view videotapes or video representations (on cell phones, cameras, etc. after trial) if they are in a coaches box or unrestricted area!
- **Measurement in case of appeal:** If there is a question about an attempt and you think someone is going to appeal, such as a illegal implement or uniform, measure the attempt but do not announce. **Inform referee. See Summary of Rules.**

STARTING VIOLATIONS

- 1) failure to comply with starter's commands.....5-7-4a
- 2) body ON or OVER the starting line when gun is fired.5-7-4b
- 3) moves after assuming the set position & before the gun..5-7-4c
- 4) failure to place blocks within own lane.5-7-4d
- 5) repeated use of disconcerting acts.5-7-4e

RUNNING INFRACTIONS

- 6) interference - bump, trip or run across opponent's path4-6-5a...5-9-1
- 7) stepped on/over inside lane line (3 consec steps on curve) ..5-12-1a
- 8) ran outside assigned lane & interferes/impedes another runner..5-12-1bc
- 9) cut in before break line-or-doesn't finish in assigned lane...5-12-1de,2
- 10) ran inside track curb thereby gaining an advantage5-13-1,2

HURDLE INFRACTIONS

- 11) did not attempt to clear each hurdle.....5-14-2a
- 12) knocks down any hurdle with hand.....5-14-2b
- 13) advanced/trailed a leg/foot alongside & below hurdle gate.....5-14-2c
- 14) ran over hurdle not in the assigned lane.....5-14-2d
- 15) ran around a hurdle.....5-14-2e
- 16) interfered with another hurdler.....5-14-2f

RELAY INFRACTIONS

- 17) unclear if athletes are of the same team by uniform design 4-3-2a
- 18) violation of substitution (athlete name not on entry card)5-10-2
- 19) incoming runner pushes outgoing runner5-11-1
- 20) throwing the baton after race is ended.....5-11-2
- 21) failure to exchange in- finish in- assigned lane.....5-10-4...5-12-1d
- 22) competitor wearing gloves during relay competition5-10-5
- 23) failure to pass baton in the exchange zone5-10-6
- 24) baton not handed between runners.....5-10-7
- 25) outgoing runner lines up outside designated zone..5-10-9...5-10-10

UNIFORM INFRACTIONS

- 26) failure to wear the school-issued/approved uniform.....4-3-1
- 27) uniform not worn as intended by manufacturer.....4-3-1
- 28) failure to wear shoes on both feet.....4-3-1a1
- 29) failure to wear assigned number.....4-3-1b1
- 30) uniform top is knotted or as knot-like protrusion.....4-3-1b3
- 31) bare midriff top4-3-1b3
- 32) uniform top worn above waistband or not tucked in.....4-3-1b3
- 33) mfg's logo > 2¼ in. sq. or > (1) per garment.....4-3-1b5
- 34) removed part of uniform in area of competition (1 warning) .4-3-3
- 35) temporary body adornment observed to be offensivemhsaa

CONDUCT - UNSPORTSMANLIKE (meet DQ)

- 36) conduct which is unethical or dishonorable4-6-1
- 37) disrespectfully addressing an official.....4-6-1
- 38) intentional contact with someone4-6-1
- 39) taunting, criticizing or using profanity toward someone...4-6-1

CONDUCT - UNACCEPTABLE

- 40) willful failure to follow an official's directions4-6-2
- 41) action/language that discredits to individual/school4-6-2
- 42) interference by non-participant team member.....4-6-3
- 43) assisted by pacing- or using an aid during race/trial.....4-6-5b.f
- 44) contestants joining hands during a race.....4-6-5c
- 45) communication using any device during race/trial4-6-5d
- 46) coaching from a restricted area4-6-5e
- 47) received assistance from competitor to finish race4-6-5g
- 48) electronic communication during race/trial3-2-8a.b

**INCIDENT REPORT
(Deliver to Referee)**

INDEX NUMBER	RULE NUMBER
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EVENT	HEAT	LANE
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JERSEY COLOR / SCHOOL COMPETITOR NUMBER
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DESCRIPTION OF OFFENSE

STARTER SIGNATURE

<input type="checkbox"/> WARNING <input type="checkbox"/> EVENT DQ <input type="checkbox"/> MEET DQ <input type="checkbox"/> NO CALL
REFEREE DECISION

REFEREE SIGNATURE

DEFINING APPEAL

- 1) an APPEAL is to reverse a ruling.
- 2) an APPEAL is to correct an error.
- 3) a PROTEST is to express dissatisfaction with a decision/procedure. (Rules do not address PROTESTS)

WHAT IS SUBJECT TO APPEAL?

- 4) Misapplication of a rule / error in placing 3-5-3a [30-minute limit from announcement of event results]
- 5) Clerical error / team scoring error 3-5-3b [48-hour limit from end of meet]
- 6) Correction of results (ineligible participant)... 3-5-3c [no time limit]
- 7) Fail to follow procedure announced in advance... 3-5-3d [time schedule; field event procedure; advancing]

NOT SUBJECT TO APPEAL

- 8) Judgment decisions pertaining to violations . 3-5-4a
- 9) A decision made by finish judges/timers 3-5-4b [not involving misapplication of rule / procedure]
- 10) Whether a start is fair or legal 3-5-4c

THE APPEAL PROCESS

- 11) inform meet monitor/referee VERBALLY..... 3-5-2
- 12) if not resolved, WRITTEN form goes to jury .. 3-5-2
- 13) the WRITTEN appeal will include ...
event; school; athlete name/#; signature of coach
rule number in question; description of situation

DESCRIBE SITUATION/RULING IN QUESTION

(3-5-2)

EVENT (3-5-2)
SCHOOL (3-5-2)
ATHLETE NAME / # (3-5-2)
SIGNATURE (COACH) (3-5-2)

NF RULE NUMBER IN QUESTION (3-5-2)
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JURY OF APPEALS DECISION
<input type="checkbox"/> RULING REVERSED <input type="checkbox"/> ERROR CORRECTED <input type="checkbox"/> APPEAL DENIED

REFEREE SIGNATURE

INCIDENT REPORT

(Deliver to Referee)

RUNNING INFRACTIONS

- 1) interference - bump, trip or run across opponent's path...4-6-5a.5-9-1
- 2) stepped on/over inside lane line (3 consecutive steps on curve)...5-12-1a
- 3) ran outside assigned lane & interferes/impedes another runner...5-12-1b,c,
- 4) cut in before break line; does not finish in assigned lane...5-12-1de,2
- 5) ran inside track curb on straightaway & gained an advantage.....5-13-1

HURDLE INFRACTIONS

- 6) did not attempt to clear each hurdle.....5-14-2a
- 7) knocks down any hurdle with hand.....5-14-2b
- 8) advanced/trailed a leg/foot alongside & below hurdle gate....5-14-2c
- 9) ran over hurdle not in the assigned lane.....5-14-2d
- 10) ran around a hurdle.....5-14-2e
- 11) impeded another hurdler.....5-14-2f

RELAY INFRACTIONS

- 12) failure to wear same color and design uniform4-3-2a.b
- 13) violation of substitution (athlete name not on entry card).....5-10-2
- 14) incoming runner pushes outgoing runner5-11-1
- 15) throwing the baton after race is ended.....5-11-2
- 16) failure to make pass in (or finish in assigned lane)....5-10-4...5-12-1d
- 17) competitor wearing gloves during competition.....5-10-5
- 18) failure to pass baton in the exchange zone5-10-6
- 19) baton not handed between runners.....5-10-7
- 20) outgoing runner lines up outside designated zone..5-10-9...5-10-10

UNIFORM INFRACTIONS

- 21) failure to wear the school-issued/approved uniform.....4-3-1
- 22) uniform not worn as intended by manufacturer.....4-3-1
- 23) failure to wear shoes designed to be firmly fastened to foot ...4-3-1a.1.2
- 24) failure to wear shoes on both feet.....4-3-1a.1
- 25) failure to wear assigned number.....4-3-1b.1
- 26) uniform top is knotted or has knot-like protrusion4-3-1b.3
- 27) bare midriff top4-3-1 b.3
- 28) uniform top worn above waist band or not tucked in.....4-3-1b.3
- 29) mfg's logo > 2 ¼ in² or >(1) logo per garment.....4-3-1b.5
- 30) removed part of uniform in area of competition (1 warning)..4-3-3
- 31) Temporary. body adornment/offensive permanent tattoo.....mhsaa

CONDUCT - UNSPORTSMANLIKE

- 32) conduct which is unethical or dishonorable4-6-1
- 33) disrespectfully addressing an official.....4-6-1
- 34) intentional contact with someone4-6-1
- 35) taunting, criticizing or using profanity toward someone ..4-6-1

CONDUCT - UNACCEPTABLE

- 36) willful failure to follow an official's directions4-6-2
- 37) action/language discrediting individual/school4-6-2
- 38) interference by non-participating team member4-6-3
- 39) assisted by pacing or using an aid during race/trial4-6-5b.f
- 40) contestants joining hands during a race.....4-6-5c
- 41) communication using any device during race/trial4-6-5d
- 42) coaching from a restricted area4-6-5e
- 43) using an aid during a race4-6-5f
- 44) competitor receiving aid from another competitor4-6-5g
- 45) receiving physical aid during a race/trial from another person 4-6-5h
- 46) improper use of electronic communication during race/trial3-2-8a.b

INDEX NUMBER	RULE NUMBER
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EVENT	HEAT	LANE
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JERSEY COLOR / SCHOOL COMPETITOR NUMBER
--

DESCRIPTION OF OFFENSE

UMPIRE SIGNATURE

<input type="checkbox"/> WARNING <input type="checkbox"/> EVENT DQ <input type="checkbox"/> MEET DQ <input type="checkbox"/> NO CALL REFEREE DECISION

REFEREE SIGNATURE

Regional/State Sections

Events not run in lanes

3200

1 section by MHSAA guidelines

1600

1 section if ≤ 24
 2 sections if ≥ 25
 (16 in the last section)

800

1 section if ≤ 20
 2 sections if > 20
 (if > 20 ➔ 16 in the last section)

4x800

1 section @ Regionals
 1 section @ Finals if ≤ 20
 2 sections @ Finals if > 20
 (if ≤ 24 ➔ 12 in the last section)
 (if > 24 ➔ 16 in the last section)
 (Single row in each alley)

NO COMPUTER?

Seeding PRELIMS into SEMIFINAL HEATS

Example:

22 athletes = 3 prelim heats ➔ top 5 + best 6th advance

- 1a = best first place runner 1
- 1b = second best first place runner..... 2
- 1c = third best first place runner..... 3
- 2a = best second place runner 4
- 2b = second best second place runner..... 5
- 2c = third best third place runner 6
- etc.
- 6a = best sixth place runner..... 16

Lane	1	2	3	4	5	6	7	8
Heat 1:	5a	3c	2b	1a	2a	3b	4c	6a
Heat 2:	5b	4a	2c	1b	1c	3a	4b	5c

RULE 6-7 (p.55)**SHOT PUT**

SUMMARY OF RULES - 2019

Implements

- 1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.....6-7-2
 2) Shot Puts may not have indentations.....6-7-1
 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....6-2-10

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.
 1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
 Once competition begins, venue and associated equipment is off limits for practice.
 Event concluded - there will be no further activity - event area is closed.....6-2-6

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

- 7) Open order: Games committee will set time limit for prelims.....6-2-19
 8) Prelim flights of no less than 5 in the order set by games committee.....3-2-3l
 9) Finalists put worst to best.....6-2-3.....6-2-18
 10) Order may be changed to allow for participation in other events.....6-2-3

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-12
 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-7-7
 13) Taping of wrists permitted; wearing support belts permitted.....6-7-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-15
 15) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e.....6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2.....6-7-9a
 17) Time limit when excused to other events = determined by games committee.....6-2-4

Measurements:

- 18) Marks are recorded after each legal trial.....mhsaa
 19) SECTOR LINES are out-of-bounds.....6-7-5
 20) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.....6-7-10
 21) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-7-11

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-17
 23) One (1) more competitor advances to finals than places awarded.....6-2-17
 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance.....6-2-17

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-7-9a
 26) Once in the circle, Competitor FAILS TO PAUSE before starting the put.....6-7-9b
 27) Competitor TOUCHES ANY SURFACE outside of circle during the put.....6-7-9ce
 28) The SHOT DROPS BEHIND OR BELOW the shoulder.....6-7-8.....6-7-9d
 29) A legal put must be made from shoulder with ONE HAND ONLY.....6-7-8
 30) Shot does not fall WITHIN the sector lines.....6-7-9f
 31) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-7-9g
 32) Competitor DOES NOT EXIT BACK HALF of the circle.....6-7-9h
 33) Competitor does a "CARTWHEEL".....6-7-9i

Ties: (6-3-2a)

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

RULE 6-6 (p.53)**DISCUS THROW**

SUMMARY OF RULES - 2019

Implements:

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

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.
 1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
 Once competition begins, venue and associated equipment is off limits for practice.
 Event concluded - there will be no further activity - event area is closed.....6-2-6

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

- 7) Open order: Games committee will set time limit for prelims.....3-2-4d.....6-2-19
 8) Prelim flights of no less than 5 in the order set by games committee.....3-2-3l
 9) Finalists throw worst to best.....6-2-3.....6-2-18
 10) Order may be changed to allow for participation in other events.....6-2-3

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-12
 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-6-7
 13) Taping of wrists permitted; wearing support belts permitted.....6-6-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-15
 15) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e.....6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2.....6-6-9a
 17) Time limit when excused to other events = determined by games committee.....6-2-4

Measurements:

- 18) Marks are recorded after each trial.....mhsaa
 19) SECTOR LINES and CAGES are out-of-bounds.....6-6-8
 20) Measure from nearest edge of mark to inside edge of circle through its center.....6-6-10
 21) Legal trials are measured and recorded to nearest LESSER inch or EVEN cm.....6-6-11

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-17
 23) One (1) more competitor advances to finals than places awarded.....6-2-17
 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance.....6-2-17

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-6-9a
 26) Once in the circle, Competitor FAILS TO PAUSE before starting throw.....6-6-9b
 27) Competitor TOUCHES any surface outside of circle during throw.....6-6-9c
 28) Discus does not fall WITHIN the sector lines.....6-6-9d
 29) Discus hits the cage or object outside the sector and ricochets back into the sector.....6-6-9e
 30) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-6-9f
 31) Competitor may enter circle from anywhere ... but ...
 Competitor DOES NOT EXIT BACK HALF of the circle.....6-6-9g

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 6-9 (p.60)**LONG JUMP**

SUMMARY OF RULES - 2019

Landing Area:

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide.6-9-3
- 2) The landing area should be filled with 12" sand or another soft material & level with board.....6-9-4
- 3) The landing area shall be a minimum of nine (9) feet wide.....6-9-5
- 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability.6-9-5

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.
1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6

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

- 8) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-19
- 9) Prelim flights of no less than 5 in the order set by games committee.....3-2-3f
- 10) Finalists jump worst to best.6-2-3...6-2-18
- 11) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 12) The type material used for checks marks is determined by the games committee.3-2-4b
- 13) Check marks are not allowed on the runway or in the landing pit.6-9-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing.3-2-4f...6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.6-2-2...6-9-8f
- 17) Time limit when excused to other events = determined by games committee.....6-2-4

Failed Attempts:

- 18) Any part of the shoe violates the foul line.....6-9-8a
- 19) Competitor runs through the foul line or foul line extended.6-9-8b
- 20) Competitor does not keep head in superior position. [NO somersault]6-9-8c
- 21) Competitor does not land in the pit.6-9-8e
- 22) 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.....6-9-8e
- 22) Competitor fails to initiate a trial within one (1) minute after name is called.6-9-8f

Measurements:

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line.6-9-9
- 24) The foul line may need to be extended to ensure a perpendicular measurement.6-9-9
- 25) Measurements of trials shall be taken at the takeoff board.6-9-10
- 26) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-9-11

Finals:

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals.6-2-17
- 28) One (1) more competitor advances to finals than places awarded - no substitutions.6-2-17
- 29) Ex. - 8 places score means 9 advance from prelim; all competitors tied for 9th advance.6-2-17

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 6-4 (p.45)**HIGH JUMP**

SUMMARY OF RULES - 2019

Landing Area:

- 1) Landing pads in sections must be encased in a common cover.6-4-3
- 2) Support bases shall be marked as to their location at the start of competition.....6-4-5
- 3) High Jump crossbar shall be circular, non-metal and 12' to 14'10" in length.....6-4-6

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.
1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6
- 7) Bungee cord crossbars may be used for warm-up jumps.6-2-22

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

- 8) Calling contestants in listed order or using the "Five-Alive" system is allowed. ...6-2-21
- 9) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 10) Games committee specifies location, marking material and number of check marks.6-4-7

Trials:

- 11) All competitors receive three (3) trials at each height.....6-2-20
- 12) Trials may be passed and used at the next height.6-2-20
- 13) Only the number of attempts left from previous height will be available.6-2-20
- 14) Once three (3) consecutive misses occur the contestant is finished with event.....6-2-20
- 15) 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.....6-4-8
- 16) Opening heights will be determined by games committee.6-4-9
- 17) When only one competitor remains, the event winner can choose the next height.6-4-9
- 18) An accurate measurement of the bar shall be taken before each record attempt.6-4-12

Time Limit (Table p.41):

- 19) After being called competitors must initiate a trial within the prescribed time period.....6-2-2
- 20) Three (3) min when three (3) or fewer are left; five (5) min when one (1) is left.6-2-2
- 21) Time limit when excused to other events = determined by games committee.6-2-4

Failed Attempts:

- 22) Competitor displaces crossbar in an attempt to clear.6-4-14a
- 23) Competitor touches ground/landing area beyond plane of crossbar w/o clearing bar.6-4-14b
- 24) Competitor clears the height, then contacts upright and displaces/steadies crossbar.....6-4-14c
- 25) After x-bar set and name called competitor fails to initiate a trial within one (1) minute.6-4-14d
- 26) Competitor fails (total body) to go over the crossbar.6-4-14e
- 27) Competitor takes off from two (2) feet; uses weights/artificial aids.....6-4-10...6-4-14f

General:

- 28) The crossbar shall not be lowered once the event begins. Exception: A 1st place tie.6-4-11
- 29) If a support ever slips down, the judge will rule 'no jump' and allow another trial.6-2-23

Ties (6-3-2b):

- 30) 1st tie breaker: fewest number of misses at tied height is winner.....6-3-2b1
- 31) 2nd tie breaker: fewest number of misses during competition is the winner.....6-3-2b2
- 32) Passed trials shall not count as misses.6-3-2b3
- 33) 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.
- 34) Ties below 1st place: add points for places & divide by number of tied competitors.6-3-4

RULE 6-5 (p.47)

POLE VAULT (p1 of 2)

SUMMARY OF RULES - 2019

Landing Area:

- 1) Landing pads in sections must be encased in a common cover.6-5-7
- 2) Hard surfaces shall be padded with a minimum 2" of dense foam/suitable material.6-5-9
- 3) Support bases must be weighted to prevent them from tipping over.....6-5-10
- 4) Width between support pins are $\geq 13'8"$ and $\leq 14'8"$6-5-10
- 5) Pole Vault crossbar shall be circular, non-metal and $\geq 14'8"$ and $\leq 14'10"$ in length.....6-5-11
- 6) A box collar is required around the planting box.6-5-14
- 7) The crossbar is placed 18" to 31½" beyond the stop board toward the landing pit.....6-5-17

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.6-5-2
- 11) The bottom of pole may be protected tape, PVC, sponge rubber, suitable material.6-5-2
- 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.6-5-3
- 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.6-5-3
- 14) Variable weight pole; mismarked pole; lighter rated pole = Illegal = Event DQ.6-5-4

Warm ups:

- 15) Pole vault warm-up may not start until poles have been inspected & approved for use. ...6-5-5
- 16) An official or coach must be present during warm-up. There must be supervision.
1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6
- 17) Bungee cord crossbars may be used for warm-up vaults.6-2-22

Order:

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

- 18) Calling contestants in listed order or using the "Five Alive" system is allowed.6-2-21
- 19) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 20) Checks marks are not allowed on the runway. They must be placed on the side.6-5-18

Grip:

- 21) Tape is not allowed on competitor's hand unless to cover an open wound.6-5-19
- 22) Taping of wrists is permitted.6-5-19
- 23) Gloves are not allowed.6-5-19
- 24) The use of a forearm cover to prevent injuries is permitted.6-5-19
- 25) Chalk or an adhesive such as rosin may be applied to hands or pole.....6-5-19
- 26) Tape on poles must be of uniform thickness below top hand hold mark.6-5-2

Trials:

- 27) Opening heights will be determined by games committee.6-5-16
- 28) When only one competitor remains, the event winner can choose the next height.6-5-16
- 29) All competitors receive three (3) trials at each height.6-2-20
- 30) Trials may be passed and used at the next height.
Only the number of attempts left from previous height will be available.6-2-20
- 31) Once three (3) consecutive misses occur the contestant is finished with event.6-2-20
- 32) A broken pole during an attempt does not count as a trial.6-5-20
- 33) An accurate measurement of the bar shall be taken before each record attempt.6-5-25

Time Limit (6-2-2c: Table 1, p.41)

- 34) After being called competitors must initiate a trial within the prescribed time period6-5-27e
- 35) Three (3) min when three (3) or fewer are left; five (5) min when one (1) is left.....6-2-2
- 36) Time limit when excused to other events = determined by games committee.....6-2-4

RULE 6-5 (p.47)

POLE VAULT (p2 of 2)

SUMMARY OF RULES - 2019

Failed Attempts:

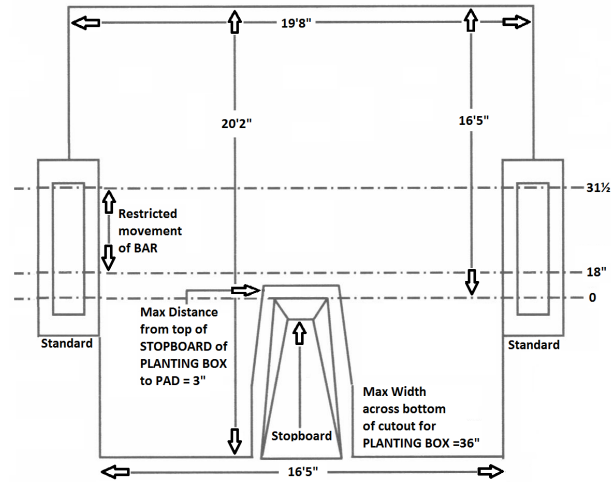
- 37) Competitor displaces crossbar with body or pole in an attempt to clear.6-5-27a
- 38) Competitor leaves ground and fails to clear. (excludes aborted approaches)6-5-27b
- 39) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole.6-5-27c
- 40) Body/pole touches ground/landing area beyond plane of stop board before clearing.6-5-27d
- 41) Competitor fails to initiate a trial after being called within time limit.....6-5-27e
- 42) Competitor clears the height, contacts upright and displaces/steadies crossbar.6-5-27fg
- 43) Competitor grips the pole above the top circular band placed by the manufacturer.6-5-27h
- 44) Competitor touches/catches pole to prevent it from dislodging crossbar.6-5-27i

General:

- 45) No person except competitor, official or designee allowed to touch the pole.....6-5-23
- 46) The crossbar shall not be lowered once the event begins except for a 1st place tie.6-5-24
- 47) If a support is misplaced or slips, this is 'no vault' and another trial will be allowed.6-2-23
- 48) Contestants who pass three (3) or more consecutive heights with NO attempts are permitted two (2) minutes of warm-up per # of opponents w/o the crossbar in place.
Warm up must occur at the height change and contestant(s) enter at that height.6-5-15

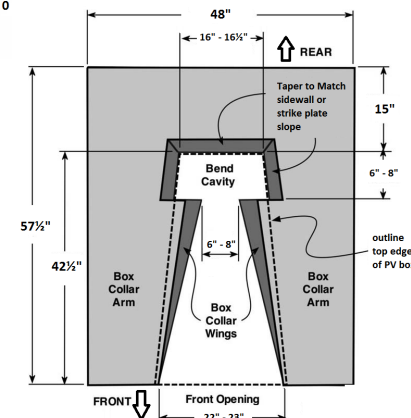
Ties (6-3-2b):

- 49) 1st tie breaker: fewest number of misses at tied height is winner.....6-3-2b1
- 50) 2nd tie breaker: fewest number of misses during competition is the winner.....6-3-2b2
- 51) Passed trials shall not count as misses.6-3-2b3
- 52) 3rd tie breaker (for 1st place only): Allow (1) more trial at tied height.....6-3-2b4
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.
- 53) Ties below 1st place: add points for places & divide by number of tied competitors.....6-3-4



**Box Collar
(ASTM Specification Standards)
Rule 6-5-14**

**Landing System
Figure 6
Page 51
Rule 6-5-17**



Uniform Guidelines

PROACTIVE:

Athletes may fix their uniforms before competition begins.

INVISIBLE:

Socks; Arm Warmers; Hair Control; Gloves in HJ & LJ;
Undergarments

OK:

Ski Band; Knit Watch Cap; Jewelry; Medic Alert; Sunglasses; Watches
Sweatband ≤ 2" wide; One Mfg Logo per top/bottom ≤ 2¼" square

NOT OK:

Offensive Tattoo; Ball Cap; Dew Rag; Temporary Body Adornment;
Bare Midriff; Hazardous Jewelry; GLOVES in relays/shot put/discus/PV

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 Leaving to Another Event

- **COMMON SENSE** must prevail.
- **KNOW** the procedure/time limits set by the *games committee*.
- **COMMUNICATE** with athletes at check-in if they have other events.
- **RE-ORDER FLIGHTS** to accommodate multi-event athletes.
- **RECORD** times leaving and returning.
- **ENCOURAGE** athletes to take multiple trials; trials out of order; or use *stand-ins*.
- **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 last attempt of the competition (6-2-3).

EXAMPLES of Judges Procedures -**When Athlete Leaves for Another Event and 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 in 10 minutes (or a pre-designated time).

HJ & PV

If an athlete has not returned and all others have cleared the height, announce that the bar will raise in 5 minutes. Unused attempts will be marked as a *pass* that may be used at the new height.

Judges Terminology

CALLING TRIALS (ALL FIELD EVENTS):

James '**UP**' * William '**ON DECK**' * Thomas '**ON HOLD**'.
(Competitors must be '*ready*' when they are up, not '*getting ready*')

GOOD ATTEMPT (ALL FIELD EVENTS):

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

MISSED ATTEMPT (ALL FIELD EVENTS):

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

RECORDING TRIALS (HJ & PV):

("-" pass; "O" cleared; "X" failed)

Measuring

- MEASURE **DT** to nearest lesser 1" (or EVEN cm).
MEASURE all others to nearest lesser ¼" (or cm).
- MEASURE heights BEFORE RECORD ATTEMPTS in **HJ/PV**
- MEASURE **LJ** marks at the takeoff board not the pit.

Communication

- ANNOUNCE performance heights/distances after each attempt clearly.
- ANNOUNCE and CIRCLE the best performance after final attempt. 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** - Finalists before announcing.
- **SEND FINALIST INFO** to press box announcer.
- **ANNOUNCE** - 1) Finalists & best prelim performance;
2) time at which finals begin.
- **RE-WRITE** Finalists AND best prelim mark on another sheet in order of finals competition (optional).
- Competitors may view video in a coaches box or unrestricted area.

Appeals / Questions

- 1) Record the performances.
- 2) Do not announce final results if there is a question or appeal.
- 3) Contact the REFEREE to resolve issue
(i.e. improper uniform or implement).

THROWING EVENTS: DISCUS

Athletes must compete in a **complete uniform** in all circumstances. This rule cannot be set aside!

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EVENT PROCEDURES: Three (3) trials in pre-lims and three (3) tries in finals for all qualifying throwers (all 6 trials count); four (4) trials or three (3) trials (tbd by games committee) in small meets. There must be one qualifying pre-lim throw for athlete to move on to finals.

If finals are being held always take at least one (1) more thrower than places awarded (could be more if ties occur at shortest distance). Open order (done by time limit), or seeded order as listed in pre-lims; shortest to longest qualifiers in finals. Pre-lim flights will be of five (5) to twelve (12) competitors; or directly from listed order. Time limit is one attempt in one (1) minute.

Throwers may take two throws in succession each with one (1) minute time limit. Order can be changed to allow for participation in other events. Ask athlete if they will need to leave for another event during check-in!

Time limits for excused competitors to compete in another event are determined by the games committee.

WARM-UPS: MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty.

At conclusion of event there will be no further throws, implements will be removed from area and event area will be closed

RULES: No tape is allowed on throwers hand unless it covers an open wound. Taping of wrists and weight belts are permitted. **Gloves are not allowed.** Chalk or an adhesive such as rosin may be used to assist with grip.

Thrower may enter from front or back of circle but must leave from back half of circle when throw is **completed. Object lands!**

Throwers must pause before starting throw, once in the circle; **MAY NOT** touch inside edge of circle (top or end of stopboard) during throw.

All implements must be approved before event. Illegal implements will not be allowed (includes warm-up) and if used results in disqualification. Broken implement may be replaced by approved implement and a re-throw allowed if it happens during the attempt. No penalty if after attempt; Replace with approved implement

CAGES and SECTOR LINES are out-of-bounds! Discus must have a protective cage. Landing area must be roped off.

DISCUS: Boys – 1.6 Kg and 8.23 to 8.31 inches in diameter; no indentations, projecting points or sharp edges.

Girls – 1 Kg and 7.0866 to 7.16534 inches in diam.;

Circle is 8'2 1/2" inches in diameter.

Measurements – recorded to lesser nearest **inch** to the inside edge of the circle from nearest edge of first mark. Pull tape through circle.

Each throw must be measured when throw occurs, not marked and measured later.

Ties are broken by taking second best effort or third, if second still results in a tie, etc. If a tie still remains then the points for the places are added together and divided by the number of tied participants.

Competitor with best mark in pre-lims has right to the last throw of the competition.

DISCUS THROW**DISCUS THROW****RULE 6-6 (p.53)****SUMMARY OF RULES - 2019****Implements:**

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

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.
1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed..... 6-2-6

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

- 7) Open order: Games committee will set time limit for prelims..... 3-2-4d 6-2-19
- 8) Prelim flights of no less than 5 in the order set by games committee..... 3-2-3i
- 9) Finalists throw worst to best..... 6-2-3 6-2-18
- 10) Order may be changed to allow for participation in other events..... 6-2-3

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip..... 6-2-12
- 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound..... 6-6-7
- 13) Taping of wrists permitted; wearing support belts permitted..... 6-6-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing..... 6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing..... 3-2-4e 6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial..... 6-2-2 6-6-9a
- 17) Time limit when excused to other events = determined by games committee..... 6-2-4

Measurements:

- 18) Marks are recorded after each trial..... mh5aa
- 19) SECTOR LINES and CAGES are out-of-bounds..... 6-6-8
- 20) Measure from nearest edge of mark to inside edge of circle through its center..... 6-6-10
- 21) Legal trials are measured and recorded to nearest LESSER inch or EVEN cm..... 6-6-11

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals..... 6-2-17
- 23) One (1) more competitor advances to finals than places awarded..... 6-2-17
- 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance..... 6-2-17

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called..... 6-6-9a
- 26) Once in the circle, Competitor FAILS TO PAUSE before starting throw..... 6-6-9b
- 27) Competitor TOUCHES any surface outside of circle during throw..... 6-6-9c
- 28) Discus does not fall WITHIN the sector lines..... 6-6-9d
- 29) Discus hits the cage or object outside the sector and ricochets back into the sector..... 6-6-9e
- 30) Competitor LEAVES THE CIRCLE BEFORE the implement has landed..... 6-6-9f
- 31) Competitor may enter circle from anywhere ... but ...
Competitor DOES NOT EXIT BACK HALF of the circle..... 6-6-9g

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

JUMPING EVENTS -VERTICAL – HIGH JUMP

Athletes must compete in a **complete uniform** in all circumstances.

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EVENT PROCEDURES: All competitors receive three (3) trials at each height in **vertical** events.

A competitor may jump in any manner provided take-off occurs from one foot.

In **vertical events:** calling in listed order; or using the “Five alive” system is allowed.

Time limit is one attempt in one (1) minute in the **high jump** per attempt.

When three (3) or fewer are left in the high jump they will be allowed three (3) minutes. With one competitor left in the high jump allow five (5) minutes. When one (1) competitor is left and outcome is determined event winner can pick the height they choose to jump.

For record breaking attempts an accurate measurement of the bar to the nearer lesser ¼ inch shall occur before each record attempt.

WARM-UPS: MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty. Bungee cord crossbars may be use for warm-up jumps in both vertical events.

BREAKING TIES – competitor with fewest number of attempts at tied height is winner; if still tied competitor with fewest number of attempts during competition is the winner up to and including last cleared height; if tie remains give one more attempt at tied height to tied competitors then lower HJ bar one (1) inch increments and jump again. If tie continues due to cleared height go back up one (1) inch in HJ. Competitors get **one attempt** at each height until winner is determined.

If ties occur in this event below first place add the points earned from tied positions and divide by the number of tied competitors.

RULES: The bar shall not be lowered once event begins except to determine first place winner when a tie exists for first.

Trials may be passed and used at the next height but only the number of attempts left from previous height will be available. Once three consecutive misses occur the contestant is finished with event.

Time limits for excused competitors to compete in another event are determined by the games committee.

If a contestant(s) passes three or more consecutive rounds and had not entered the competition they may permitted one warm-up jump without the crossbar in place but shall enter at that height. Warm-up must occur at height change. Must attempt this height.

Checks marks may be put on the high jump surface, with discretion, using the proper material. **This does not include tape!**

FOULS: displaces crossbar in an attempt to clear; touches ground or landing area beyond plane of crossbar or bar extended without clearing bar; after clearing bar contacts upright and displaces crossbar or steadies bar; fails to go over bar. ***If in the judge’s opinion the act of attempting to clear the bar causes the bar to be dislodged it is a failed attempt. It does not matter where the contestant is when the bar falls.***

EQUIPMENT: Crossbars must be round. HJ crossbar shall be 12’ to 14’10” in length. **Mark top of bar!**

LANDING PADS: Make sure the landing pit is not sitting on or resting against the supports. Must have continuous cover!

SUPPORTS: the support bases shall be marked as to their location at the start of the event to ensure the same placement for each attempt. If supports and or pits must be moved allow adequate time for re-measuring and practicing approaches.

RULE 6-4 (p.45) HIGH JUMP SUMMARY OF RULES - 2019

- Landing Area:**
 - 1) Landing pads in sections must be encased in a common cover. 6-4-3
 - 2) Support bases shall be marked as to their location at the start of competition 6-4-5
 - 3) High Jump crossbar shall be circular, non-metal and 12’ to 14’10” in length..... 6-4-6
- 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.
 - 1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
 - Once competition begins, venue and associated equipment is off limits for practice.
 - Event concluded - there will be no further activity - event area is closed. 6-2-6
 - Bungee cord crossbars may be used for warm-up jumps. 6-2-22
- Order: High Jump = Boys 1st [even year], Girls 1st [odd year]**
 - 8) Calling contestants in listed order or using the “Five-Alive” system is allowed. 6-2-21
 - 9) Order may be changed in any jumping event to allow for participation in other events..... 6-2-3
- Check marks:**
 - 10) Games committee specifies location, marking material and number of check marks. 6-4-7
- Trials:**
 - 11) All competitors receive three (3) trials at each height..... 6-2-20
 - 12) Trials may be passed and used at the next height. 6-2-20
 - 13) Only the number of attempts left from previous height will be available. 6-2-20
 - 14) Once three (3) consecutive misses occur the contestant is finished with event. 6-2-20
 - 15) 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..... 6-4-8
 - 16) Opening heights will be determined by games committee. 6-4-9
 - 17) When only one competitor remains, the event winner can choose the next height. 6-4-9
 - 18) An accurate measurement of the bar shall be taken before each record attempt. 6-4-12
- Time Limit (Table p.41):**
 - 19) After being called competitors must initiate a trial within the prescribed time period..... 6-2-2
 - 20) Three (3) min when three (3) or fewer are left; five (5) min when one (1) is left. 6-2-2
 - 21) Time limit when excused to other events = determined by games committee..... 6-2-4
- Failed Attempts:**
 - 22) Competitor displaces crossbar in an attempt to clear..... 6-4-14a
 - 23) Competitor touches ground/landing area beyond plane of crossbar w/o clearing bar. 6-4-14b
 - 24) Competitor clears the height, then contacts upright and displaces/steadies crossbar. 6-4-14c
 - 25) After x-bar set and name called competitor fails to initiate a trial within one (1) minute..... 6-4-14d
 - 26) Competitor fails (total body) to go over the crossbar. 6-4-14e
 - 27) Competitor takes off from two (2) feet; uses weights/artificial aids. 6-4-10, 6-4-14f
- General:**
 - 28) The crossbar shall not be lowered once the event begins. Exception: A 1st place tie. 6-4-11
 - 29) If a support ever slips down, the judge will rule ‘no jump’ and allow another trial. 6-2-23
- Ties (6-3-2b):**
 - 30) 1st tie breaker: fewest number of misses at tied height is winner..... 6-3-2b1
 - 31) 2nd tie breaker: fewest number of misses during competition is the winner..... 6-3-2b2
 - 32) Passed trials shall not count as misses. 6-3-2b3
 - 33) 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.
- 34) Ties below 1st place: add points for places & divide by number of tied competitors. 6-3-4

JUMPING EVENTS -HORIZONTAL: LONG JUMP

Athletes must compete in a **complete uniform** in all circumstances. This rule cannot be set aside!!

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

In **horizontal** events each competitor has three (3) trials in pre-lims and three (3) tries in finals for all qualifying jumpers (all 6 trials count); four (4) trials or three (3) trials (tbd by games committee) in small meets.

In **horizontal finals** always take at least one (1) more jumper than places awarded (could be more if ties occur at shortest distance).

Time limit is for each attempt is one (1) minute in the **long jump**.

In **horizontal events**: Open order (done by time limit), or listed order in pre-lims; lowest or shortest to highest or longest qualifiers in finals); pre-lim flights will be of five (5) to twelve (12) competitors if in flights directly from listed order.

Jumpers may take two jumps in succession with each getting allowable time limit. Order can be changed to allow for participation in other events. There must be one good pre-lim jump for athlete to move on to finals.

Time limits for excused competitors to compete in another event are determined by the games committee.

WARM-UPS: MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty.

At conclusion of event there will be no further jumps; implements will removed from area and event area will be closed

VENUE: The pit shall be nine (9) feet wide and fifteen (15) feet long and filled with sand or another soft material to ensure safe landing.

Take-off board is eight (8) inches deep (up to twenty four (24) inches deep is allowed) and forty two (42) to forty eight (48) inches long. The distance from board to pit must be from 3' to 10'. End of pit must be 32' to the farther edge.

Checks marks will be determined by the games committee **but are not allowed on the runway or in the landing pit.**

RULES: A competitor may jump in any manner provided take-off occurs from one foot, with exception found below*.

Fouls include: shoe beyond the foul line or foul line extended; runs across same; *must keep head in superior position*; when landing or leaving pit touches ground outside the landing nearer the foul line than the nearest mark made in pit.

Each jump must be measured perpendicularly to foul line or extension from mark in the pit.

Measurements - recorded to nearest lesser ¼ inch for all jumps

Ties are broken by taking second best effort or third, if second still results in a tie, etc. If a tie still remains then the points for the places are added together and divided by the number of participants

Competitor with best mark in pre-lims has the right to last jump of the competition..

RULE 6-9 (p.60)

LONG JUMP

SUMMARY OF RULES - 2019

Landing Area:

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide..... 6-9-3
- 2) The landing area should be filled with 12" sand or another soft material & level with board..... 6-9-4
- 3) The landing area shall be a minimum of nine (9) feet wide..... 6-9-5
- 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability..... 6-9-5

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.
 - 1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
- Once competition begins, venue and associated equipment is off limits for practice. Event concluded - there will be no further activity - event area is closed..... 6-2-6

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

- 8) Open order: Games committee will set time limit for prelims..... 3-2-4d 6-2-19
- 9) Prelim flights of no less than 5 in the order set by games committee..... 3-2-3l
- 10) Finalists jump worst to best..... 6-2-3 6-2-18
- 11) Order may be changed in any jumping event to allow for participation in other events..... 6-2-3

Check marks:

- 12) The type material used for checks marks is determined by the games committee..... 3-2-4b
- 13) Check marks are not allowed on the runway or in the landing pit..... 6-9-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing..... 6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing..... 3-2-4f 6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial..... 6-2-2 6-9-8f
- 17) Time limit when excused to other events = determined by games committee..... 6-2-4

Failed Attempts:

- 18) Any part of the shoe violates the foul line..... 6-9-8a
- 19) Competitor runs through the foul line or foul line extended..... 6-9-8b
- 20) Competitor does not keep head in superior position. [NO somersault]..... 6-9-8c
- 21) Competitor does not land in the pit..... 6-9-8e
- 22) 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..... 6-9-8e
- 22) Competitor fails to initiate a trial within one (1) minute after name is called..... 6-9-8f

Measurements:

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line..... 6-9-9
- 24) The foul line may need to be extended to ensure a perpendicular measurement..... 6-9-9
- 25) Measurements of trials shall be taken at the takeoff board..... 6-9-10
- 26) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm..... 6-9-11

Finals:

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals..... 6-2-17
- 28) One (1) more competitor advances to finals than places awarded - no substitutions..... 6-2-17
- 29) Ex. - 8 places score means 9 advance from prelim; all competitors tied for 9th advance..... 6-2-17

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

JUMPING EVENTS –VERTICAL: POLE VAULT

Athletes must compete in a **complete uniform** in all circumstances.

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EVENT PROCEDURES: All competitors receive three (3) trials at each height in **vertical** events.

A competitor may jump in any manner provided take-off occurs from one foot.

Call in listed order; or using the “Five alive” system is allowed.

Time limit is one attempt in one (1) minute in the **pole vault**.

When three (3) or fewer left in the pole vault they will be allowed three (3) minutes per attempt. With one competitor left in the pole vault five (5) minutes. When one (1) competitor is left and outcome is determined event winner can pick the height they choose to jump.

The bar shall not be lowered once event begins except to determine first place winner when a tie exists for first.

Trials may be passed and used at the next height but only the number of attempts left from previous height will be available. Once three consecutive misses occur the contestant is finished with event.

Time limits for excused competitors to compete in another event are determined by the games committee.

WARM UPS - MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty. Pole vault may not start until poles have been inspected and approved for use.

RULES: No tape is allowed on vaulters hand unless it covers an open wound. Taping of wrists is permitted. **Gloves are not allowed.** Chalk or an adhesive such as rosin may be used to assist with grip. Tape on poles should be applied from the bottom handhold upward to prevent rolling of tape and creating an unfair handhold advantage. It may have binding layers of tape of a **uniform thickness on grip end**. No knobs or built in hand grips are allowed.

Coach must confirm pole rating meets vaulters weight. **Vaulter cannot weigh more than the pole is rated for.** Variable weight poles are not allowed. Poles may be any length and diameter and bottom of pole may be protected with tape, PVC, sponge rubber or other suitable material. If implement breaks during attempt another attempt is allowed with an approved pole, without penalty.

Illegal equipment will not be allowed at anytime (including warm-up) and if used results in disqualification.

Check marks may be placed along the side of the runway, with discretion, using the proper material. **This does not include tape!**

If a contestant(s) passes three (3) or more consecutive heights and has not entered the competition they should be permitted two (2) minutes of warm-up per number of contestant(s) entering at that height. Contestant(s) will enter at that height and this must occur at a height change. Vaulter must attempt this height

Bungee cord crossbars may be use for warm-up jumps in both vertical events.

If a cross bar support slips down when jumper hits the crossbar the judge will rule no jump and allow another attempt.

Opening heights will be determined by games committee. 3 or more passed height calls for 2 min. warm-up (PV) cumulative for each vaulter entering at height, without a crossbar in place.

BREAKING TIES – competitor with fewest number of attempts at tied height is winner; if still tied competitor with fewest number of attempts during competition is the winner up to and including last cleared height; if tie remains give one more attempt at tied height to tied competitors then lower PV bar in three (3) inches increments and jump again. If tie continues due to cleared height go back up one three (3) inches in PV. Competitors get **one attempt** at each height until winner is determined.

If ties occur in these events below first place add the points earned from tied positions and divide by the number of tied competitors.

EQUIPMENT:

POLES: Manufacturers pole rating shall be a minimum of $\frac{3}{4}$ inch in contrasting color located within or above top handhold position;

Etching is not a legal pole rating! A one (1) inch circular band indicating top handhold position determined by manufacturer; coach must verify poles meet these specifications and that **the jumpers are using poles rated higher or equal to the weight of the jumper.**

Crossbars must be round. PV crossbar shall be 12’0” to 14’10” in long. **Mark top of bar for consistent sag!**

LANDING PADS: must be encased in a common cover; hard surfaces shall be padded with two (2) inches of dense foam or other suitable material anywhere contestant might land. A box collar with box padding must be used in pole vault. All surrounding hard surfaces must be covered by (2) inches of dense foam

SUPPORTS: must be weighted or fastened down to prevent them from tipping over

Standards (supports) shall be placed from 18” to 31.5 inches beyond the stop board toward the landing pit. If supports are misplaced for the attempt, the attempt will be voided and another attempt will be allowed. The zero point must align with end of stopboard.

FOULS: displaces crossbar with body or pole; leaves ground in attempt and fails to clear (unless competitor aborts approach); if uppermost hand raises above starting point when they leave the ground or lower hand moves above upper hand on the pole; allows body or pole to touch ground or landing system beyond vertical plane of plant box before clearing bar; after clearing crossbar contacts upright and displaces crossbar; steadies crossbar with hand(s) or arm(s); grips pole above top handhold mark

Measurements: all measurements are made to the nearest lesser $\frac{1}{4}$ ”. For record breaking attempts an accurate measurement of the bar to the nearer lesser $\frac{1}{4}$ inch shall occur before each record attempt.

THROWING EVENTS: SHOT PUT

Athletes must compete in a **complete uniform** in all circumstances. This rule cannot be set aside!

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EVENT PROCEDURES: Three (3) trials in pre-lims and three (3) tries in finals for all qualifying throwers (all 6 trials count); four (4) trials or three (3) trials (td by games committee) in small meets. There must be one qualifying pre-lim throw for athlete to move on to finals.

If finals are being held always take at least one (1) more thrower than places awarded (could be more if ties occur at shortest distance).

Open order (done by time limit), or seeded order as listed in pre-lims; shortest to longest qualifiers in finals. Pre-lim flights will be of five (5) to twelve (12) competitors: or directly from listed order. Time limit is one attempt in one (1) minute.

Throwers may take two throws in succession each with one (1) minute time limit. Order can be changed to allow for participation in other events. Ask athlete if they will need to leave for another event during check-in!

Time limits for excused competitors to compete in another event are determined by the games committee.

WARM-UPS: MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty.

At conclusion of event there will be no further throws, implements will removed from area and event area will be closed

RULES: No tape is allowed on throwers hand unless it covers an open wound. Taping of wrists and weight belts are permitted. **Gloves are not allowed.** Chalk or an adhesive such as rosin may be used to assist with grip.

Thrower may enter from front or back of circle but must leave from back half of circle when throw is **completed. Object lands!**

A **legal put** must be made from shoulder with one hand only. The shot must not drop below or behind the shoulder.

Throwers must pause before starting throw, once in the circle; **MAY NOT** touch inside edge of circle (top or end of stopboard) during throw.

All implements must be approved before event. Illegal implements will not be allowed at anytime and if used results in disqualification.

Broken implement may be replaced by approved implement and a re-throw allowed if it happens during the attempt. No penalty if after attempt; Replace with approved implement

CAGES and SECTOR LINES are out-of-bounds! Landing area must be roped off.

SHOT PUT – Boys – 12 lb and 3 7/8” to 4 5/8” inches in diameter or 12 1/8” to 14 1/2” inches in circumference.

Girls – 8.81 lbs and 3 3/4” to 4 1/4; inches in diameter or 11 3/4’ to 13 3/8 “ inches in circumference.

Circle is 7’ in diameter.

Measurements - recorded to lesser nearest 1/4 **inch** to the inside edge of the circle from the nearest edge of the first mark. Pull tape through circle. **Each throw must be measured when throw occurs, not marked and measured later.**

Ties are broken by taking second best effort or third, if second still results in a tie, etc. If a tie still remains then the points for the places are added together and divided by the number of participants.

Competitor with best mark in pre-lims has right to the last throw of the competition.

SHOT PUT

RULE 6-7 (p.55)

Implements

- 1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 kg..... 6-7-2
- 2) Shot Puts may not have indentations..... 6-7-1
- 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ..... 6-2-10

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.
1st Violation: Warning; 2nd Violation: Event DQ; 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed..... 6-2-6

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

- 7) Open order: Games committee will set time limit for prelims..... 6-2-19
- 8) Prelim flights of no less than 5 in the order set by games committee..... 3-2-3l
- 9) Finalists put worst to best..... 6-2-3..... 6-2-18
- 10) Order may be changed to allow for participation in other events..... 6-2-3

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip..... 6-2-12
- 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound..... 6-7-7
- 13) Taping of wrists permitted; wearing support belts permitted..... 6-7-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing..... 6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing..... 3-2-4e..... 6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial..... 6-2-2..... 6-7-9a
- 17) Time limit when excused to other events = determined by games committee..... 6-2-4

Measurements:

- 18) Marks are recorded after each legal trial..... mhsaa..... 6-2-17
- 19) SECTOR LINES are out-of-bounds..... 6-7-5
- 20) Measure from nearest edge of mark to inside edge of stopboard thru center of circle..... 6-7-10
- 21) Legal trials are measured and recorded to nearest lesser quarter (1/4) inch or cm..... 6-7-11

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals..... 6-2-17
- 23) One (1) more competitor advances to finals than places awarded..... 6-2-17
- 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance..... 6-2-17

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called..... 6-7-9a
- 26) Once in the circle, Competitor FAILS TO PAUSE before starting the put..... 6-7-9b
- 27) Competitor TOUCHES ANY SURFACE outside of circle during the put..... 6-7-9c
- 28) The SHOT DROPS BEHIND OR BELOW the shoulder..... 6-7-8..... 6-7-9d
- 29) A legal put must be made from shoulder with ONE HAND ONLY..... 6-7-8
- 30) Shot does not fall WITHIN the sector lines..... 6-7-9f
- 31) Competitor LEAVES THE CIRCLE BEFORE the implement has landed..... 6-7-9g
- 32) Competitor DOES NOT EXIT BACK HALF of the circle..... 6-7-9h
- 33) Competitor does a "CARTWHEEL"..... 6-7-9i

Ties: (6-3-2a)

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