

★	SHOT PUT [Summary of Rules]	2025
IMPLEMENTS:		p.61
1)	Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.	6-10-2
2)	Shot Puts may not have indentations other than a weight marking.	6-10-1
3)	Illegal equipment is not allowed during warm-up or competition. If used ➡ Event DQ.	6-2-13
UNIFORMS:		p.23-24
4)	Competitors must wear shoes fastened securely to both feet.	4-3-1a
5)	Competitors must compete in a complete uniform (school issued or school approved).	4-3-1b
WARM-UP:		p.42
6)	Warm-up must be supervised by official or coach and venue declared open.	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: Boys 1st [even year] ➡ Girls 1st [odd year]		p.43
9)	Open order: The GAMES COMMITTEE will set time limit for prelims. [3-2-4d]	6-2-21
10)	Prelim flights of 5 or more by lot or by the order set by the GAMES COMMITTEE.	6-2-18
11)	Finals: Worst prelim mark is 1st; Athlete w/best prelim mark is last. [6-2-3]	6-2-20
12)	Order may be changed in SHOT PUT to allow for participation in other events.	6-2-3
GRIP:		p.43; 45
13)	Chalk or an adhesive such as rosin may be used to assist with grip.	6-2-14
14)	Gloves NOT permitted; Taping adjacent fingers is NOT permitted.	6-4-1
15)	Taping of the wrist is permitted; wrist wrap and/or support belt is permitted.	6-4-1
TRIALS:		p.42-43
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 TABLE:		p.41; 45; 42
18)	After being called competitors have one (1) min to initiate a trial. [6-2-2]	6-4-3a
19)	Competitor is signaled when 15 sec remain in time allowed.	6-2-2f
20)	Time limit when excused to other events ➡ determined by GAMES COMMITTEE.	6-2-4
MEASUREMENTS:		p.52; 45
21)	Marks are recorded after each LEGAL trial; ONLY measure LEGAL trials.	Mhsaa
22)	SECTOR LINES are out-of-bounds. Puts shall be made from inside the circle.	6-9-2
23)	Measure from nearest edge of mark to inside edge of stopboard thru center of circle.	6-4-4
24)	RECORD LEGAL TRIALS to nearest lesser quarter (¼) INCH or CENTIMETER.	6-4-5
FINALS:		p.43
25)	One (1) more competitor advances to finals than places awarded - no substitutions.	6-2-19
26)	Ex. If 8 places score, 9 competitors advance to finals + EVERYONE tied for 9th.	6-2-19
27)	There must be at least one qualifying prelim trial for athlete to move on to finals.	6-2-19
FAILED ATTEMPTS:		p.45
28)	FAILS TO INITIATE A TRIAL within one (1) min after name is called. [6-2-2]	6-4-3a
29)	Once in the circle, Competitor FAILS TO PAUSE before starting the put.	6-4-3b
30)	TOUCHES TOWBOARD TOP or ANY SURFACE outside of circle during the put.	6-4-3ce
31)	The SHOT DROPS BEHIND OR BELOW the shoulder.	6-4-3d
32)	A legal put must be made from shoulder with ONE HAND ONLY from inside the circle.	6-4-2
33)	Shot does not fall WITHIN the sector lines.	6-4-3f
34)	Competitor LEAVES THE CIRCLE BEFORE the implement has landed.	6-4-3g
35)	Competitor DOES NOT EXIT BACK HALF of the circle. [NOTE: Competitor may enter circle from anywhere]	6-4-3h
36)	Competitor does a "CARTWHEEL."	6-4-3i
TIES:		p.44
37)	Break ties by comparing 2nd-best efforts. CONSIDER ALL TRIALS.	6-3-2a1
38)	If still tied after comparing 2nd-best effort, compare 3rd-best efforts, etc.	6-3-2a2
39)	Ties remaining after this process - Add points for places & divide betw competitors.	6-3-2a4

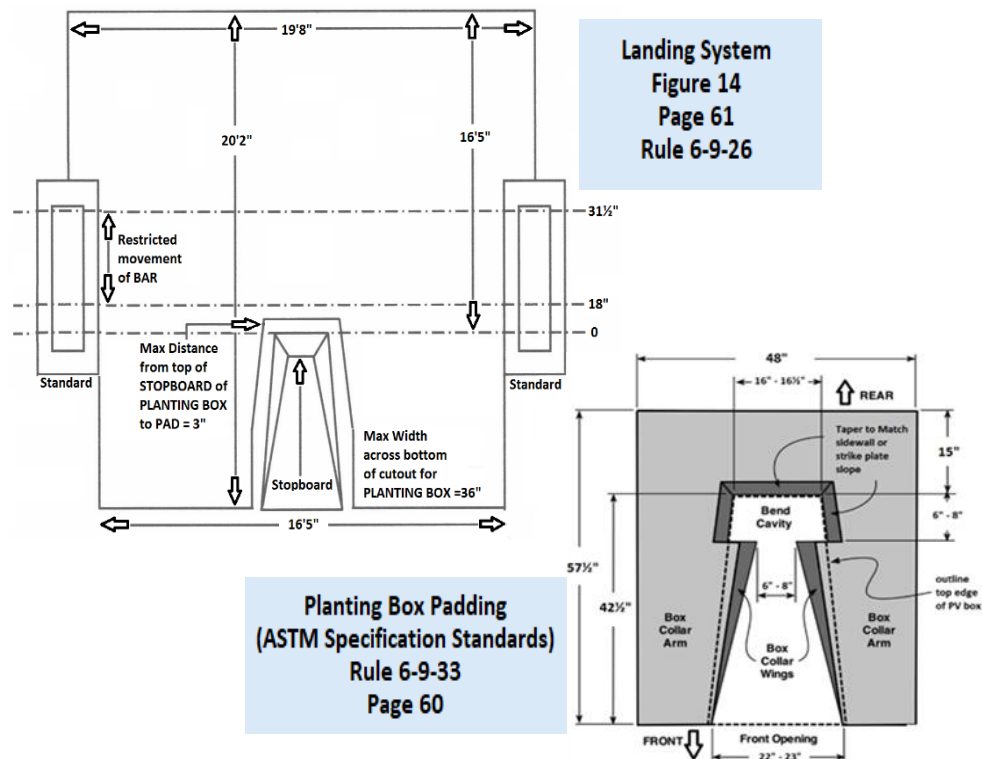
★	DISCUS THROW [Summary of Rules]	2025
IMPLEMENTS:		p.62
1)	Boys: Discus = 1.6 Kg; Girls: Discus = 1 Kg.	6-10-4
2)	A Discus may not have indentations, projecting points or sharp edges.	6-10-3
3)	Illegal equipment is not allowed during warm-up or competition. If used ➡ Event DQ.	6-2-13
UNIFORMS:		p.23-24
4)	Competitors must wear shoes fastened securely to both feet.	4-3-1a
5)	Competitors must compete in a complete uniform (school issued or school approved).	4-3-1b
WARM-UP:		p.42
6)	Warm-up must be supervised by official or coach and venue declared open.	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: Girls 1st [even year] ➡ Boys 1st [odd year]		p.43
9)	Open order: Games committee will set time limit for prelims. [3-2-4d]	6-2-21
10)	Prelim flights of 5 or more by lot or by the order set by the GAMES COMMITTEE.	6-2-18
11)	Finals: Worst prelim mark is 1st; Athlete w/best prelim mark is last. [6-2-3]	6-2-20
12)	Order may be changed in DISCUS to allow for participation in other events.	6-2-3
GRIP:		p.43; 45
13)	Chalk or an adhesive such as rosin may be used to assist with grip.	6-2-14
14)	Gloves NOT permitted; Taping adjacent fingers is NOT permitted.	6-4-1
15)	Taping of the wrist is permitted; wrist wrap and/or support belt is permitted.	6-4-1
TRIALS:		p.42-43
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 TABLE:		p.41; 46; 42
18)	After being called competitors have one (1) min to initiate a trial. [6-2-2]	6-4-3a
19)	Competitor is signaled when 15 sec remain in time allowed.	6-2-2f
20)	Time limit when excused to other events ➡ determined by GAMES COMMITTEE.	6-2-4
MEASUREMENTS:		p.52; 45
21)	Marks are recorded after each LEGAL trial; ONLY measure LEGAL trials.	Mhsaa
22)	SECTOR LINES are out-of-bounds. Puts shall be made from inside the circle.	6-9-2
23)	A discus that hits the CAGE or OBJECT outside the sector is a foul.	6-5-2e
24)	Measure from nearest edge of mark to inside edge of circle through its center.	6-5-3
25)	RECORD LEGAL TRIALS to nearest lesser WHOLE INCH or CENTIMETER.	6-5-4
FINALS:		p.43
26)	One (1) more competitor advances to finals than places awarded - no substitutions.	6-2-19
27)	Ex. If 8 places score, 9 competitors advance to finals + EVERYONE tied for 9th.	6-2-19
28)	There must be at least one qualifying prelim trial for athlete to move on to finals.	6-2-19
FAILED ATTEMPTS:		p.46
29)	FAILS TO INITIATE A TRIAL within one (1) min after name is called. [6-2-2]	6-5-2a
30)	Once in the circle, Competitor FAILS TO PAUSE before starting throw.	6-5-2b
31)	Competitor TOUCHES any surface outside of circle during throw.	6-5-2c
32)	Discus does not fall WITHIN the sector lines.	6-5-2d
33)	Discus hits the cage or object outside the sector and bounces back into the sector.	6-5-2e
34)	Competitor LEAVES THE CIRCLE BEFORE the implement has landed.	6-5-2f
35)	Competitor DOES NOT EXIT BACK HALF of the circle. [NOTE: Competitor may enter circle from anywhere]	6-5-2g
TIES:		p.44
35)	Break ties by comparing 2nd-best efforts. CONSIDER ALL TRIALS.	6-3-2a1
36)	If still tied after comparing 2nd-best effort, compare 3rd-best efforts, etc.	6-3-2a2
37)	Ties remaining after this process - Add points for places & divide between competitors.	6-3-2a4

★	LONG JUMP [Summary of Rules]	2025
LANDING AREA:		p.56-57
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 & level with the board.	6-9-16
3)	The landing area shall be a minimum of 23' long and 9' wide.	6-9-17
4)	Distance from the foul line to pit may be adjusted to accommodate levels of ability.	6-9-17
UNIFORMS:		p.23-24
5)	Competitors must wear shoes fastened securely to both feet.	4-3-1a
6)	Competitors must compete in a complete uniform (school issued or school approved).	4-3-1b
WARM-UP:		p.42
7)	Warm-up must be supervised by official or coach and venue declared open.	6-2-6
8)	Warm-up approaches shall only be run in the direction of competition. [see NOTE]	6-2-7
9)	Once competition begins, venue and 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: Girls 1st [even year] ➡ Boys 1st [odd year]		p.41-43
11)	Open order: GAMES COMMITTEE will set time limit for prelims. [3-2-4d]	6-2-21
12)	Prelim flights of 5 or more by lot or by the order set by the GAMES COMMITTEE.	6-2-18
13)	Finals: Athlete w/least prelim jumps 1st; Athlete w/best prelim jumps last. [6-2-3]	6-2-20
14)	Order may be changed in LONG JUMP to allow for participation in other events.	6-2-3
CHECK MARKS:		p.13
15)	The type material used for check marks is determined by GAMES COMMITTEE.	3-2-4b
16)	Check marks are not allowed on the runway or in the landing pit.	6-7-1
17)	ONE or TWO APPROVED markers may be placed alongside the runway.	6-7-1
TRIALS:		p.42-43
18)	Larger meets: 3 prelims + 3 finals: all trials count for placing.	6-2-17
19)	Smaller meets: 4 trials ➡ no finals: all trials count for placing. [3-2-4f]	6-2-10
TIME LIMIT TABLE:		p.41-42; 47
20)	After being called competitors have one (1) min to initiate a trial. [6-2-2]	6-7-3f
21)	Competitor is signaled when 15 sec remain in time allowed.	6-2-2f
22)	Time limit when excused to other events ➡ determined by GAMES COMMITTEE.	6-2-4
FAILED ATTEMPTS:		p.47
23)	Any part of the shoe violates the foul line.	6-7-3a
24)	Competitor runs through the foul line or foul line extended.	6-7-3b
25)	Competitor does not keep head in superior position. [NO somersault]	6-7-3c
26)	Competitor does not land in the pit.	6-7-3e
27)	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
28)	FAILS TO INITIATE A TRIAL within one (1) min after name is called. [6-2-2]	6-7-3f
MEASUREMENTS:		p.48
29)	Measure from nearest edge of landing mark perpendicularly to the foul line.	6-7-4
30)	The foul line may need to be extended to ensure a perpendicular measurement.	6-7-4
31)	Measurements of trials shall be taken at the takeoff board.	6-7-5
32)	ONLY measure LEGAL trials. Record to nearest LESSER ¼ INCH or CENTIMETER.	6-7-6
FINALS:		p.43
33)	One (1) more competitor advances to finals than places awarded - no substitutions.	6-2-19
34)	Ex. If 8 places score, 9 competitors advance to finals + EVERYONE tied for 9th.	6-2-19
35)	There must be at least one qualifying prelim trial for athlete to move on to finals.	6-2-19
TIES:		p.44
36)	Break ties by comparing 2nd-best efforts. CONSIDER ALL TRIALS.	6-3-2a1
37)	If still tied after comparing 2nd-best effort, compare 3rd-best efforts, etc.	6-3-2a2
38)	Ties remaining after this process - Add points for places & divide between competitors.	6-3-4

★	HIGH JUMP [Summary of Rules]	2025
LANDING AREA:		p.57
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" dense foam material.	6-9-21
3)	Support bases shall be marked; plane of X-bar located ≥ 4" from landing pad.	6-9-22
4)	Mark the X-Bar and base of the standards to ensure consistent placement.	6-8-12
5)	High Jump X-bar shall be circular, non-metal and 12' to 14'10" in length.	6-9-23
UNIFORMS:		p.23-24
6)	Competitors must wear shoes fastened securely to both feet.	4-3-1a
7)	Competitors must compete in a complete uniform (school issued or school approved)	4-3-1b
WARM-UP:		p.42
8)	Warm-up must be supervised by official or coach and venue declared open.	6-2-6
9)	Bungee cord X-bars may be used for warm-up jumps.	6-8-3
10)	Once competition begins, venue and equipment is off limits for practice.	6-2-8
11)	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: Boys 1st [even year] ➡ Girls 1st [odd year]		p.43; 48
12)	Calling contestants in listed order or using the "Five-Alive" system is allowed.	6-8-2
13)	When less than 9 remain at a height, ALL will move to a single continuing flight.	6-8-2
14)	Order may be changed in HIGH JUMP to allow for participation in other events.	6-2-3
CHECK MARKS:		p.49
15)	GAMES COMMITTEE specifies location, marking material and number of check marks.	6-8-6
TRIALS:		p.48-50
16)	Competitors receive a maximum of three (3) trials at each height in order of draw.	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 eliminated from the event.	6-8-1
19)	permitted one (1) warm-up jump w/o the X-bar in place and enter at that height.	6-8-7
	The warm-up must be taken at a height change.	
20)	Opening heights will be determined by the GAMES COMMITTEE.	6-8-8
21)	When only one competitor remains, the winner may 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 CENTIMETER.	6-8-13
TIME LIMIT TABLE: One (1) min if entering competition for first time. [6-2-2d]		p.41-42
24)	Competitors Initiate Trials: If ≥ FOUR ➡ 1 min; If ≤ THREE ➡ 3 min; If = ONE ➡ 5 min.	6-2-2
25)	Competitor is signaled when 15 sec remain in time allowed.	6-2-2f
26)	Time limit when excused to other events ➡ determined by GAMES COMMITTEE.	6-2-4
FAILED ATTEMPTS:		p.47
27)	Displaces X-bar during an attempt to clear.	6-8-11a
28)	Touches ground/landing area beyond plane of X-bar or its extension w/o clearing bar.	6-8-11b
29)	Clears height, then contacts upright and displaces (or steadies) X-bar.	6-8-11c
30)	FAILS TO INITIATE A TRIAL within time limit after X-bar is set and NAME is called.	6-8-11d
31)	Competitor fails (total body) to go over the X-bar.	6-8-11e
32)	Competitor takes off from two (2) feet.	6-8-11f
GENERAL:		p.49
33)	The X-bar shall not be lowered once the event begins except for a 1st place tie.	6-8-9
34)	If a support is misplaced or slips, this is 'no jump' and another trial will be allowed.	6-8-4
35)	A X-bar displaced by an external force after cleared legally is counted successful.	6-8-5
TIES:		p.44
36)	1st tie breaker: fewest number of misses at tied height is winner.	6-3-2b1
37)	2nd tie breaker: fewest number of misses during competition is the winner.	6-3-2b2
38)	Passed trials shall not count as misses.	6-3-2b3
	3rd tie breaker FOR 1st PLACE ONLY: Allow one (1) more trial at FAILED height.	
39)	Tied jumpers both miss ➡ lower the bar 1" and allow one (1) trial.	6-3-2b4a
	Tied jumpers both clear ➡ raise the bar 1" and allow one (1) trial.	
	Continue to raise/lower the bar and allow one (1) trial until winner is determined.	
40)	Ties BELOW 1st place: Add points for places; Divide by number of tied competitors.	6-3-4

★	POLE VAULT [Summary of Rules - p. 1 of 2]	2025
LANDING AREA:		p.58-60
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 min 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 X-bar shall be circular, non-metal and $\geq 14'8"$ and $\leq 14'10"$ in length.	6-9-30
7)	X-bar is placed 18" to 31½" beyond the stop board toward the landing pit. [Fig 14]	6-9-30
UNIFORMS:		p.23-24
8)	Competitors must wear shoes fastened securely to both feet.	4-3-1a
9)	Competitors must compete in a complete uniform (school issued or school approved).	4-3-1b
WARM-UP:		p.17; 42; 49
10)	Pole vault warm-up may not start until poles have been inspected & approved for use.	6-8-17
11)	Bungee cord X-bar may be used for warm-up vaults.	6-8-3
12)	Warm-up must be supervised by official or coach and venue declared open.	6-2-6
13)	Warm-up approaches shall only be run in the direction of competition. [see NOTE]	6-2-7
14)	Once competition begins, venue and associated equipment is off limits for practice.	6-2-8
15)	Event concluded - there will be no further activity - event area is closed.	6-2-9
16)	Event concluded ALL associated equipment INCLUDING POLES is removed from area.	6-2-9
	1st Violation ➔ Warning 2nd Violation ➔ Event DQ 3rd Violation ➔ Meet DQ	
ORDER: Girls 1st [even year] ➔ Boys 1st [odd year]		p.43-48
17)	Calling contestants in listed order or using the "Five-Alive" system is allowed.	6-8-2
18)	When less than 9 remain at a height, ALL will move to a single continuing flight.	6-8-2
19)	Order may be changed in POLE VAULT to allow for participation in other events.	6-2-3
POLES:		p.50
20)	Poles may be of any material of any length or diameter.	6-8-14
21)	The plant end may be protected by TAPE LAYERS, PVC, spng. rubber, suitable material. Manufacturer's pole rating shall be a minimum of ¾-inch in a contrasting color	6-8-14
22)	located within or above top hand-hold position; a one 1-inch circular band placed by the manufacturer to indicate the top handhold position is required.	6-8-15
23)	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
24)	Variable weight pole; mismarked pole; lighter rated pole ➔ Illegal ➔ Event DQ.	6-8-16
CHECK MARKS:		p.13
25)	The type material used for check marks is determined by GAMES COMMITTEE.	6-8-21
GRIP:		p.51
26)	Taping wrists is allowed.	6-8-22
27)	Tape NOT allowed on hand unless to cover an open wound.	6-8-22
28)	Gloves NOT allowed. The use of a forearm cover to prevent injuries is permitted.	6-8-22
29)	Chalk or an adhesive such as rosin may be applied to hands or pole.	6-8-22
30)	Tape on poles must be of UNIFORM THICKNESS below top hand hold mark.	6-8-14
TRIALS:		p.48-49; 51-52
31)	Opening heights will be determined by GAMES COMMITTEE.	6-8-19
32)	When only one competitor remains, the winner may choose the next height.	6-8-19
33)	Competitors receive a max of three (3) trials at each height in order of draw.	6-8-1
34)	Trials may be passed. Only the number of attempts left will be available.	6-8-1
35)	Once three (3) consecutive misses occur the contestant is eliminated.	6-8-1
36)	A broken pole during an attempt does not count as a trial.	6-8-23
37)	A X-bar displaced by an external force after cleared legally is counted successful.	6-8-5
38)	An accurate measurement of the bar shall be taken before each record attempt.	6-8-28
39)	Measurements shall be made to the nearest lesser ¼ INCH or CENTIMETER.	6-8-29
TIME LIMIT TABLE: One (1) min if entering competition for first time. [6-2-2d]		p.41-42
40)	Competitors Initiate Trials: If \geq FOUR ➔ 1 min; If \leq THREE ➔ 3 min; If = ONE ➔ 5 min.	6-2-2
41)	Competitor is signaled when 15 sec remain in time allowed.	6-2-2f
42)	Time limit when excused to other events ➔ determined by GAMES COMMITTEE.	6-2-4

★	POLE VAULT [Summary of Rules - p. 2 of 2]	2025
FAILED ATTEMPTS:		p.51-52
43)	Competitor displaces X-bar with body or pole during an attempt to clear.	6-8-27a
44)	Competitor leaves ground and fails to clear. (excludes aborted approaches).	6-8-27b
45)	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
46)	Body/pole touches ground/landing area beyond plane of stop board before clearing.	6-8-27d
47)	FAILS TO INITIATE A TRIAL within time limit after X-bar is set and NAME is called.	6-8-27e
48)	Competitor clears the height, contacts upright and displaces or steadies X-bar.	6-8-27fg
49)	Competitor grips the pole above the top circular band placed by the manufacturer.	6-8-27h
50)	Competitor touches (or catches) pole to prevent it from dislodging X-bar.	6-8-27i
GENERAL:		p.50-52; 49
51)	No person except competitor, official or designee allowed to touch the pole.	6-8-25
52)	The X-bar shall not be lowered once the event begins except for a 1st place tie.	6-8-26
53)	Mark the X-Bar and base of the standards to ensure consistent placement.	6-8-28
54)	If a support is misplaced or slips, this is 'no vault' and another trial will be allowed.	6-8-4
	Athletes who pass three (3) or more consecutive heights (w/ NO attempts) may have	
55)	two (2) min of warm-up w/o the X-bar in place per no. of opponents still in.	6-8-18
	Warm-up must occur at the height change. At least one attempt must be made.	
TIES:		p.44
56)	1st tie breaker: fewest number of misses at tied height is winner.	6-3-2b1
57)	2nd tie breaker: fewest number of misses during competition is the winner.	6-3-2b2
58)	Passed trials shall not count as misses.	6-3-2b3
	3rd tie breaker FOR 1st PLACE ONLY: Allow one (1) more trial at FAILED height.	
	Tied jumpers both miss ➔ lower the bar 3" and allow one (1) trial.	
59)	Tied jumpers both clear ➔ raise the bar 3" and allow one (1) trial.	6-3-2b4a
	Continue to raise/lower the bar and allow one (1) trial until winner is determined.	
60)	Ties BELOW 1st place: Add points for places; Divide by number of tied competitors.	6-3-4



UNIFORM GUIDELINES PROACTIVE CHECK-IN

Athletes may fix their uniforms / tuck in tops before competition begins.

► INVISIBLE ... And OK

Socks; Arm Warmers; HAIR CONTROL;
Visor/Cap; Arm Warmers; Waistband Logo;
Gloves in HJ & LJ.



► VISIBLE ... And OK

Ski Band; Knit Watch Cap; One Mfg Logo/garment ≤ 2 1/4 IN SQ;
Sunglasses; Medic Alert Bracelet; Sweatband ≤ 2" wide;
Jewelry; Wrist Watch; Ball Cap.



► VISIBLE ... But NOT OK

Hazardous Jewelry; Dew Rag; Offensive Temp Body Adornment/Tattoo;
Bare Midriff; NO SHOES at the start of a race or during a field event;
GLOVES in SP/DT/PV/RELAYS; Tops w/Knots.



FAILURE TO REPORT

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

- ➔ **ASK** Athletes at check-in if they have other events.
- ➔ **TIME LIMITS** - Know the procedure set by the GAMES COMMITTEE.
- ➔ **COMMON SENSE** must prevail.
- ➔ **RE-ORDER FLIGHTS** to facilitate athletes competing in other events.
Athletes 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 and stand by during the time a competitor has left to compete in another event.
The stand-in's presence validates the entry of the excused athlete.
- ➔ **TIME-STAMP TWICE** - When excused athlete 1) LEAVES and 2) RETURNS.
- ➔ **FINALS** - DO NOT CALL an athlete who is legally excused to another event.



Continue the competition.

- ➔ 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 [**Rule 6-2-3**].

ATHLETES EXCUSED TO ANOTHER EVENT -- HAS NOT RETURNED

► Shot Put; Discus Throw; Long Jump

If an athlete has not returned & all others have completed trials ...
ANNOUNCE: All remaining throws or jumps must be completed.

Example: "In 10 minutes (or another pre-defined time) the venue will close."

► High Jump; Pole Vault

If an athlete has not returned and all others have cleared the height ...
ANNOUNCE: The bar will soon be raised.

Example: "In 5 minutes (or another pre-defined time) the bar will be raised to the next height."

NOTE: Unused attempts will be marked as a pass and may be used at the new height.



JUDGES TERMINOLOGY -- ALL EVENTS

CALLING TRIALS

"James **UP**" | "William **ON DECK**" | "Thomas **ON HOLD**."

When they are '**UP**,' Competitors must be ready - not getting ready.

► Good Trial

☐ "**Fair**" -or- **WHITE FLAG** (Using FLAGS is recommended)

► Signal: Remaining Time Allowed

🟡 "**15 Seconds**" -or- **YELLOW FLAG** (Using FLAGS is recommended)

► Failed Trial

🔴 "**Foul**" -or- **RED FLAG** (Using FLAGS is recommended)



RECORDING TRIALS

O ➔ **CLEARED HEIGHT** X ➔ **FAILED ATTEMPT** - ➔ **PASS**

MEASURING TRIALS

- LJ | HJ | PV | SP ➔ MEASURE to nearest lesser 1/4-IN or CM.
- HJ | PV ➔ MEASURE heights before RECORD ATTEMPTS.
- DT ➔ MEASURE to nearest lesser INCH or CM.
- LJ ➔ MEASURE at the TAKEOFF BOARD.



ORDER OF COMPETITION

- **High Jump; Pole Vault** - "5 Alive" format.
When less than 9 remain at a height, ALL will move to a single continuing flight.
- **Discus Throw; Shot Put**
Order may be changed to allow for participation in other events.

COMMUNICATION DURING COMPETITION

- **AVOID ANNOUNCING** - the name of an athlete or school who's AWOL.
- **CLEARLY ARTICULATE** - performance [height/distance] after each trial.
- **RECORD BEST PERFORMANCE** - CAREFULLY [in **BESTS COLUMN**].
- **ANNOUNCE & CIRCLE** - **BEST** performances after final attempts.
- **ANNOUNCE** at conclusion - order of finish & best performance.
- **SEND RESULTS** - to the Press Box Announcer.



ADVANCING QUALIFIERS TO FINALS

- **DOUBLE-CHECK** the score sheet.
- **CONFIRM** the FINALISTS before announcing.
- **SEND FINALS INFO** to the Press Box Announcer.
- **ANNOUNCE** ➔ 1) Finalists & top prelim mark.
2) The time at which finals begin.

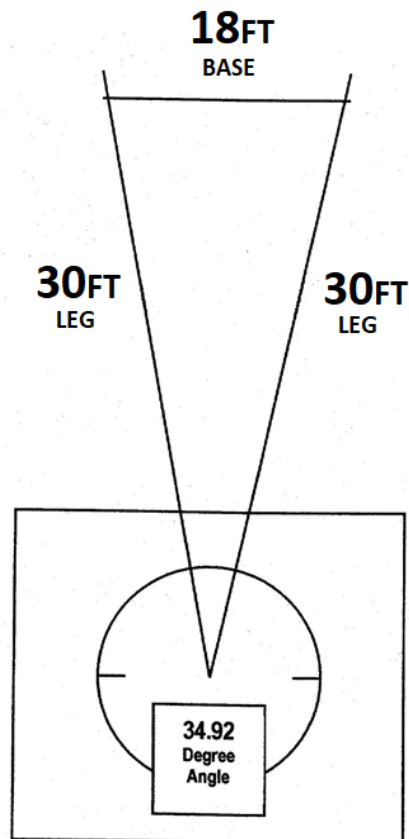
RE-WRITE the FINALISTS with best prelim mark on another sheet in the order of finals competition.

- Competitors may view video in a coach's box

EVENT		DATE	VENUE	WIND	TEMP	RELATIVE HUMIDITY	BAROMETRIC PRESSURE	SEA LEVEL PRESSURE	WIND DIRECTION	WIND SPEED	WIND GUST	WIND CHILL	WIND HEAT INDEX	WIND COMFORT INDEX
1	100m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
2	200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
3	400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
4	800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
5	1600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
6	3200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
7	6400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
8	12800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
9	25600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
10	51200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
11	102400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
12	204800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
13	409600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
14	819200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
15	1638400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
16	3276800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
17	6553600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
18	13107200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
19	26214400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
20	52428800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
21	104857600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
22	209715200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
23	419430400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
24	838860800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
25	1677721600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
26	3355443200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
27	6710886400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
28	13421772800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
29	26843545600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
30	53687091200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
31	107374182400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
32	214748364800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
33	429496729600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
34	858993459200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
35	1717986918400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
36	3435973836800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
37	6871947673600m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
38	13743895347200m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
39	27487790694400m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
40	54975581388800m	10.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00

SHOT PUT & DISCUS THROW**Throwing Sector Set-Up**

from the NFHS 2025 Track & Field Rule Book -- Appendix B: p.87-88

The SECTOR in the **SHOT PUT** will be 34.92 degrees.**Rule 6-9-5**The SECTOR in the **DISCUS** will be 34.92 degrees.**Rule 6-9-9****Sector Angle Formula: BASE = 0.6 x LEG****Trials at Regional & State Final Meets**

from the MHSAA

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.

[Rule 6-2-17]

At MHSAA Regional and State Final meets:
these trials shall be taken in the sequence 1-1-1.

from the 2025 MHSAA Coaches Guidebook p.20

► **PARTICIPATION:** Athlete may participate in any 3 track and/or field events.

► **DUAL MEET SCORING:** 5-3-1 (INDIVIDUAL); 5-0 (RELAYS)
By prior agreement, schools may score 4 places: 5-3-2-1; and 5-0 (RELAYS)

► **RUNNING EVENTS:** Boys run 1st [even year] | Girls run 1st [odd year]**Note 1:**

By mutual consent: DISTANCES may be shortened or EVENTS may be eliminated.

Note 2: 55m Hurdles: 5 hurdles | Boys Height-33" | Girls Height-30"

START	13M	8.5M	8.5M	8.5M	8.5M	8M	FINISH
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Note 3: 200m Hurdles: 5 Hurdles | Boys Height-30" | Girls Height-30"

START	50M	35M	35M	35M	35M	10M	FINISH
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Note 4:**Running Events:** One false start shall be permitted. (with a warning)► **Junior High / Middle School Order of Events - MHSAA Approved List****Running Events**

EVEN YEAR	ODD YEAR
Boys 1st	Girls 1st

- 1 4x800M Relay
- 2 55M (33"/30") LH
- 3 100M
- 4 4x200M Relay
- 5 1600M
- 6 4x100M Relay
- 7 400M
- 8 70M
- 9 800M
- 10 200M (30") LH
- 11 200M
- 12 3200M
- 13 4x400M Relay

**Field Events**

EVEN YEAR	ODD YEAR
Girls 1st	Boys 1st
SP HJ	PV LJ

**Junior High / Middle School Field Event Specifications**

from the NFHS 2025 Rule Book p.80

**Article a) DISCUS THROW**

- ➔ Boys Discus: 1.0 Kg
- ➔ Girls Discus: 1.0 Kg

**Article b) SHOT PUT**

- ➔ Boys Shot: 4.0 Kg
- ➔ Girls Shot: 6.0 Pounds

**Article c) LONG JUMP**

The **FOUL LINE** in the LONG JUMP should be approximately 8-feet from the NEAR EDGE of the landing pit. ➔