

★	SHOT PUT [Summary of Rules]	2026
IMPLEMENTS:		p.43
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.44
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 independently, permitted.		6-4-1
15) Taping of the wrist (no stiff support), wrist wrap and/or support belt is permitted.		6-4-1
TRIALS:		p.42
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; 46
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.44
25) One (1) more competitor advances to finals than places awarded - no substitutions.		q.2-1
26) Ex. If 8 places score, 9 competitors advance to finals + EVERYONE tied for 9th.		6-2919
27) There must be at least one qualifying prelim trial for athlete to move on to finals.		6-2-19
FAILED ATTEMPTS:		p.45-46
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

★	DISCUS THROW [Summary of Rules]	2026
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.44
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 independently, permitted.		6-4-1
15) Taping of the wrist (no stiff support), 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) 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]	2026
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.41-44		
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.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]	6-7-3a
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.	6-7-3b
24)	Competitor runs through the foul line or foul line extended.	6-7-3c
25)	Competitor does not keep head in superior position. [NO somersault]	6-7-3d
26)	Competitor does not land in the pit.	6-7-3f
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.	6-7-3f
28)	FAILS TO INITIATE A TRIAL within one (1) min after name is called. [6-2-2]	6-7-3a
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.44		
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

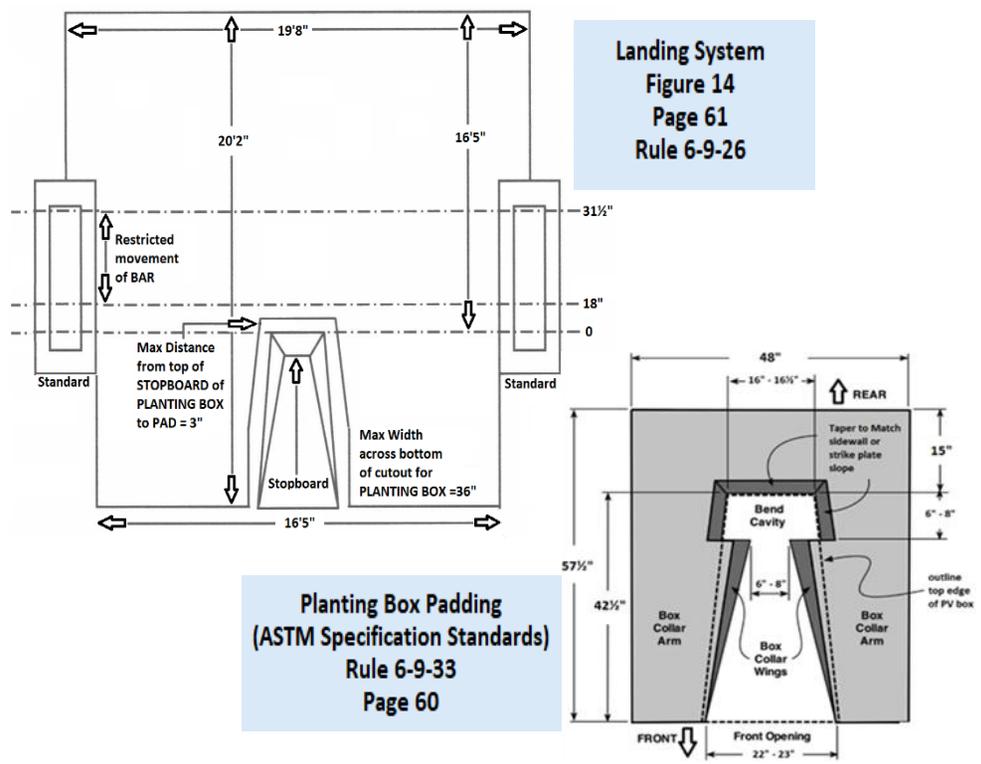
★	HIGH JUMP [Summary of Rules]	2026
LANDING AREA: p.57		
1)	Landing pads in sections must be attached and encased in a COMMON COVER.	6-9-20
2)	Bordering surfaces (concrete/asphalt) shall be padded 2" dense foam material.	6-9-21
3)	Support bases shall be marked; plane of X-bar located \geq 4" from landing pad.	6-9-22
4)	Mark the X-Bar and base of the standards to ensure consistent placement.	6-9-22
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.	6-8-7
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
	Warm-up for athlete(s) entering PV after sixty (60) min have elapsed get	
19)	two (2) min to warm-up w/o crossbar or bungee at height change. If more than 1 athlete they each get 2 min.	6-8-7
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]		
24)	Competitors Initiate Trials: If \geq FOUR ➔ 1 min; If \leq 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		
28)	Displaces X-bar during an attempt to clear.	6-8-11a
29)	Touches ground/landing area beyond plane of X-bar or its extension w/o clearing bar.	6-8-11b
30)	Clears height, then contacts upright and displaces (or steadies) X-bar.	6-8-11c
27)	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.	6-3-2b4a
39)	Tied jumpers both miss ➔ lower the bar 1" (2 cm) and allow one (1) trial.	6-3-2b4b
	Tied jumpers both clear ➔ raise the bar 1" (2 cm) 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] **2026**

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 landing pit. [Fig 14]	6-8-19
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.42; 43; 51
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. 1st Violation ➔ Warning 2nd Violation ➔ Event DQ 3rd Violation ➔ Meet DQ	6-2-9
ORDER: Girls 1st [even year] ➔ Boys 1st [odd year]	p.42-49
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.50
25) The type material used for check marks is determined by GAMES COMMITTEE.	6-8-21
GRIP:	p.50
26) Taping wrists is allowed.	6-8-21
27) Tape NOT allowed on hand unless to cover an open wound.	6-8-21
28) Gloves NOT allowed. The use of a forearm cover to prevent injuries is permitted.	6-8-21
29) Chalk or an adhesive such as rosin may be applied to hands or pole.	6-8-21
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.	6-8-18
32) When only one competitor remains, the winner may choose the next height.	6-8-18
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.	6-8-22
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.	6-8-27
39) Measurements shall be made to the nearest lesser ¼ INCH or CENTIMETER.	6-8-28
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] **2026**

FAILED ATTEMPTS:	p.52
43) Competitor displaces X-bar with body or pole during an attempt to clear.	6-9-26b
44) Competitor leaves ground and fails to clear. (excludes aborted approaches).	6-9-26c
45) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole.	6-9-26d
46) Body/pole touches ground/landing area beyond plane of stop board before clearing.	6-9-26e
47) FAILS TO INITIATE A TRIAL within time limit after X-bar is set and NAME is called.	6-8-26a
48) Competitor clears the height, contacts upright and displaces or steadies X-bar.	6-9-26fg
49) Competitor grips the pole above the top circular band placed by the manufacturer.	6-9-26h
50) Competitor touches (or catches) pole to prevent it from dislodging X-bar.	6-9-26i
GENERAL:	p.50-52; 49
51) No person except competitor, official or designee allowed to touch the pole.	6-9-24
52) The X-bar shall not be lowered once the event begins except for a 1st place tie.	6-9-25
53) Mark the X-Bar and base of the standards to ensure consistent placement.	6-9-27
54) If a support is misplaced or slips, this is 'no vault' and another trial will be allowed. Warm-up for athlete(s) entering PV after sixty (60) min have elapsed get two (2) min to warm-up w/o crossbar or bungee at height change. If more than 1 athlete they each get 2 min.	6-8-4
55) min to warm-up w/o crossbar or bungee at height change. If more than 1 athlete they each get 2 min.	6-8-6
TIES:	p.44-45
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. 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.	6-3-2b3
59) Tied jumpers both clear ➔ raise the bar 3" and allow one (1) trial. Continue to raise/lower the bar and allow one (1) trial until winner is determined.	6-3-2b4b
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; Offensive 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

○ ➔ **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

ENGLISH		TARGET HEIGHT		SCORING		DATE		SECURITY	
Event	Height	1st	2nd	3rd	4th	5th	6th	7th	8th
1	6-00	0	0	0	0	0	0	0	0
2	6-00	0	0	0	0	0	0	0	0
3	6-00	0	0	0	0	0	0	0	0
4	6-00	0	0	0	0	0	0	0	0
5	6-00	0	0	0	0	0	0	0	0
6	6-00	0	0	0	0	0	0	0	0
7	6-00	0	0	0	0	0	0	0	0
8	6-00	0	0	0	0	0	0	0	0
9	6-00	0	0	0	0	0	0	0	0
10	6-00	0	0	0	0	0	0	0	0
11	6-00	0	0	0	0	0	0	0	0
12	6-00	0	0	0	0	0	0	0	0
13	6-00	0	0	0	0	0	0	0	0
14	6-00	0	0	0	0	0	0	0	0
15	6-00	0	0	0	0	0	0	0	0
16	6-00	0	0	0	0	0	0	0	0

MANAGING APPEALS / QUESTIONS (ex. Improper attire / implement)

- 1) Record the performance.
- 2) Don't announce results if there is a question/appeal.



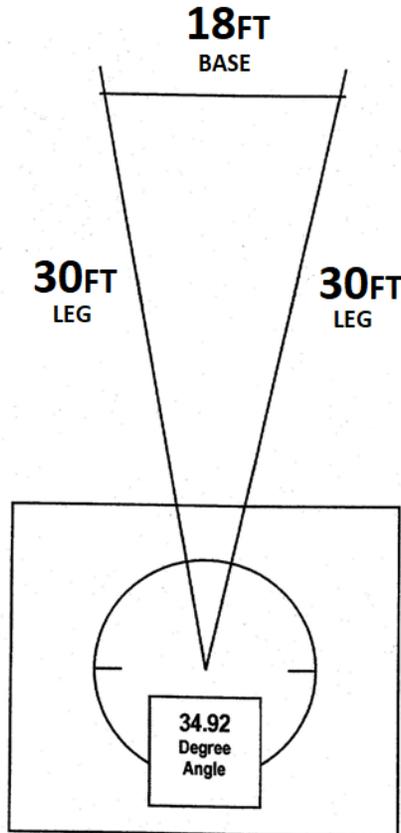
SHOT PUT & DISCUS THROW

Throwing Sector Set-Up

from the NFHS 2026 Track & Field Rule Book -- Appendix B: p.88-89

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 2026 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"



Note 3: 200m Hurdles: 5 Hurdles | Boys Height-30" | Girls Height-30"



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 2026 Rule Book p.79



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. ➔

