

Implements

- 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

- 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 ups:

- 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:

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

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
- 10) Prelim flights of no less than 5 by lot or in the order set by games committee.6-2-18
- 11) Finals Athlete w/least prelim mark is 1st; Athlete w/best prelim mark is last.....6-2-3...6-2-20
- 12) Order may be changed in any throwing event to allow for participation in other events....6-2-3

Grip:

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

Trials:

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

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

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

Measurements:

- 20) Marks are recorded after each legal trial.Mhsaa
- 21) SECTOR LINES are out-of-bounds. Puts shall be made from inside the circle.....6-9-2
- 22) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.6-4-4
- 23) ONLY measure LEGAL trials. RECORD to nearest lesser quarter (¼) inch or cm.....6-4-5

Finals:

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

Failed Attempts:

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

Ties: (6-3-2a)

- 36) Break ties by comparing 2nd-best efforts. 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

Implements:

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

Uniforms:

- 4) Competitors must 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 ups:

- 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:

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

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
- 10) Prelim flights of no less than 5 in the order set by games committee.6-2-18
- 11) Finals Athlete w/least prelim mark is 1st; Athlete w/best prelim mark is last.6-2-3...6-2-20
- 12) Order may be changed to allow for participation in other events.6-2-3

Grip:

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

Trials:

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

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

- 18) After being called competitor has one (1) min to initiate a trial.6-2-2...6-5-2a
- 19) Time limit when excused to other events ➔ determined by games committee.....6-2-4

Measurements:

- 20) Marks are recorded after each trial.mhsaa
- 21) SECTOR LINES are out-of-bounds. Throws shall be made from inside the circle.....6-9-2
- 22) A discus that hits the CAGE or OBJECT outside the sector is a foul.6-5-2-e
- 23) Measure from nearest edge of mark to inside edge of circle through its center.....6-5-3
- 24) ONLY measure LEGAL trials. RECORD to nearest LESSER INCH or CENTIMETER.6-5-4

Finals:

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

Failed Attempts:

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

Ties: (6-3-2a)

- 35) Break ties by comparing 2nd-best efforts. 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.6-3-4

Landing Area: p.54-55

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

Uniforms:

- 5) Competitors must 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 ups:

- 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 associated equipment is off limits for practice.6-2-8
- 10) Event concluded - there will be no further activity - event area is closed.6-2-9
 - 1st Violation ➔ Warning ... 2nd Violation ➔ Event DQ ... 3rd Violation ➔ Meet DQ

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

- 11) Open order: Games committee will set time limit for prelims.3-2-4d...6-2-21
- 12) Prelim flights of no less than 5 by lot or in the order set by games committee.6-2-18
- 13) Finals Athlete w/least prelim mark is 1st; Athlete w/best prelim mark is last.....6-2-3.....6-2-20
- 14) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 15) The type material used for check marks is determined by the games committee.....3-2-4b
- 16) Check marks are not allowed on the runway or in the landing pit.6-7-1
- 17) ONE or TWO **approved** markers may be placed alongside the runway.6-7-1a

Trials:

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

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

Failed Attempts:

- 22) Any part of the shoe violates the foul line.....6-7-3a
- 23) Competitor runs through the foul line or foul line extended.....6-7-3b
- 24) Competitor does not keep head in superior position. [NO somersault]6-7-3c
- 25) Competitor does not land in the pit6-7-3e
- 26) 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
- 27) Competitor fails to initiate a trial within one (1) minute after name is called.6-7-3f

Measurements:

- 28) Measure marks from nearest edge of landing mark perpendicularly to the foul line.6-7-4
- 29) The foul line may need to be extended to ensure a perpendicular measurement.6-7-4
- 30) Measurements of trials shall be taken at the takeoff board.6-7-5
- 31) ONLY measure LEGAL trials. RECORD to nearest LESSER ¼ INCH or CENTIMETER.....6-7-6

Finals:

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

Ties: (6-3-2a)

- 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.6-3-4

Landing Area: p.55

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

Uniforms:

- 6) Competitors must 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 ups:

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

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

- 12) Calling contestants in listed order or using the "Five-Alive" system is allowed.....6-8-2
- 13) 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 any jumping event to allow for participation in other events.....6-2-3

Check marks:

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

Trials:

- 16) Competitors receive 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) Contestants who pass three or more consecutive heights with NO attempts are permitted one (1) warm-up jump w/o the crossbar in place and enter at that height.
 - The warm-up must be taken at a height change.6-8-7
- 20) Opening heights will be determined by games committee.6-8-8
- 21) When only one competitor remains, the event winner can choose the next height.....6-8-8
- 22) An accurate measurement of the bar shall be taken before each record attempt.....6-8-12
- 23) Measurements shall be made to the nearest lesser ¼ inch or centimeter.....6-8-13

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

- 24) FOUR or more competitors ➔ Initiate trial within one (1) min. THREE or less competitors ➔ Initiate trial within three (3) min. SINGLE competitor ➔ Initiate trial within five (5) min.....6-2-2
- 25) Time limit when excused to other events ➔ determined by games committee.....6-2-4

Failed Attempts:

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

General:

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

Ties: (6-3-2b)

- 35) 1st tie breaker: fewest number of misses at tied height is winner.6-3-2b1
- 36) 2nd tie breaker: fewest number of misses during competition is the winner.6-3-2b2
- 37) Passed trials shall not count as misses.....6-3-2b3
- 38) 3rd tie breaker (**for 1st place only**): Allow (1) more trial at tied height.....6-3-2b4a
 - Tied jumpers both miss ➔ lower the bar 1" and allow (1) trial.
 - Tied jumpers both clear ➔ raise the bar 1" and allow (1) trial.
 - Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 39) Ties below 1st place: add points for places & divide by number of tied competitors.6-3-4

Landing Area:

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

Uniforms:

- 8) Competitors must 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

Poles:

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

Warm ups:

- 15) Pole vault warm-up may not start until poles have been inspected & approved for use.6-8-17
- 16) Warm-up must be supervised by official or coach and venue declared open.6-2-6
- 17) Warm-up approaches shall only be run in the direction of competition (see NOTE).6-2-7
- 18) Once competition begins, venue and associated equipment is off limits for practice.6-2-8
- 19) Event concluded - there will be no further activity - event area is closed.6-2-9
- 20) Event concluded – ALL associated equipment INCLUDING POLES is removed from area.6-2-9
 - 1st Violation → Warning ... 2nd Violation → Event DQ ... 3rd Violation → Meet DQ
- 21) Bungee cord crossbars may be used for warm-up vaults.6-8-3

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

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

Check marks:

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

Grip:

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

Trials:

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

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

- 39) FOUR or more competitors → Initiate trial within one (1) min. THREE or less competitors → Initiate trial within three (3) min. SINGLE competitor → Initiate trial within five (5) min.6-2-2
- 40) Time limit when excused to other events → determined by games committee.6-2-4

Failed Attempts:

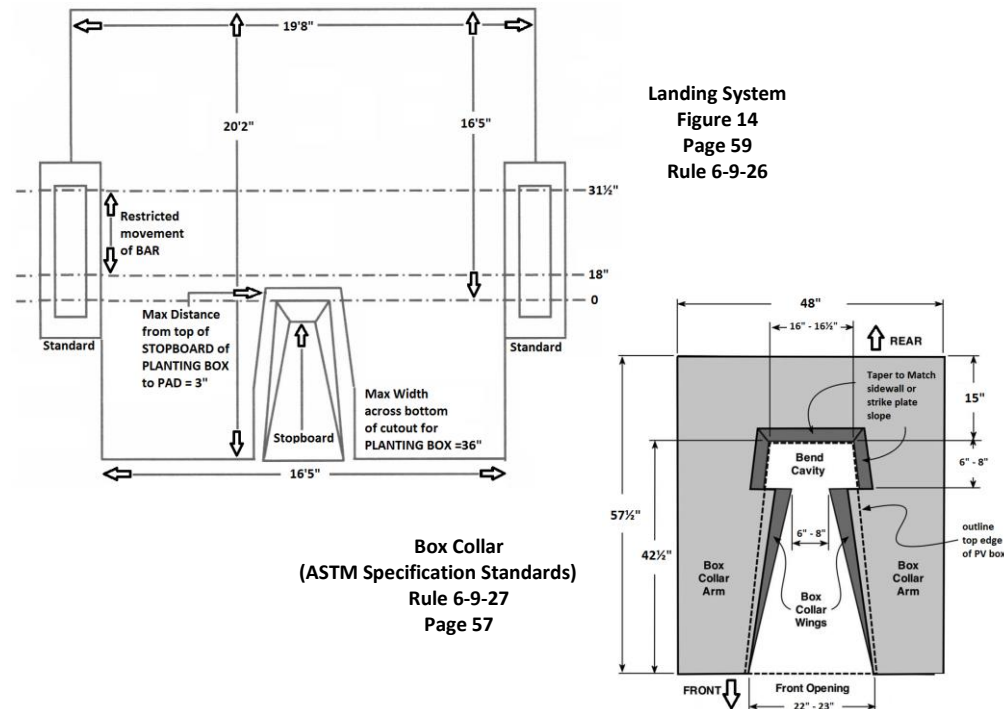
- 41) Competitor displaces crossbar with body or pole during an attempt to clear.6-8-27a
- 42) Competitor leaves ground and fails to clear. (excludes aborted approaches)6-8-27b
- 43) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole.6-8-27c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

General:

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

Ties: (6-3-2b)

- 54) 1st tie breaker: fewest number of misses at tied height is winner.6-3-2b1
- 55) 2nd tie breaker: fewest number of misses during competition is the winner.6-3-2b2
- 56) Passed trials shall not count as misses.6-3-2b3
- 57) 3rd tie breaker (**for 1st place only**): Allow (1) more trial at tied height.6-3-2b4a
 - Tied jumpers both miss → lower the bar 3" and allow (1) trial
 - Tied jumpers both clear → raise the bar 3" and allow (1) trial
 - Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 58) Ties below 1st place: add points for places & divide by number of tied competitors.6-3-4



Uniform Guidelines

PROACTIVE CHECK IN

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

INVISIBLE

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

VISIBLE & OK

Ski Band; Knit Watch Cap; Ball Cap; Jewelry; Sunglasses; Medic Alert Bracelet; Watches; Sweatband ≤ 2" wide; One Mfg Logo per garment ≤ 2¼ IN. SQUARE.

VISIBLE & NOT OK:

GLOVES in SP/DT/PV/RELAYS; Offensive Tattoo; Dew Rag; No Shoes; Bare Midriff; Hazardous Jewelry; Temp Body Adornment; 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 to stand by while the competitor is excused 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.
NOTE: The competitor with the best prelim mark may wait until any excused competitors have taken all their trials to take the FINAL attempt of the competition (Rule 6-2-3).

Athlete Excused to Another Event - HAS NOT RETURNED

SP, DT, & LJ

If an athlete has not returned and all others have completed trials ... ANNOUNCE that all remaining throws or jumps must be completed.
Example: "In 10 minutes (or another pre-defined time) the venue will close."

HJ & PV

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

Judges Terminology - ALL FIELD EVENTS

CALLING TRIALS

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

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

GOOD ATTEMPT

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

FAILED ATTEMPT

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

RECORDING TRIALS (HJ & PV)

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

Order of Competition

- High Jump & Pole Vault ➔ "5 Alive" format.
When less than 9 remain at a height, ALL will move to a single continuing flight.
- Discus & Shot Put ➔ Regional & State Final will be 1-1-1.

Measuring Attempts

- LJ, HJ, PV, & SP ➔ MEASURE to nearest lesser ¼-INCH or CENTIMETER.
- DISCUS ➔ MEASURE to nearest lesser INCH or CENTIMETER.
- LONG JUMP ➔ MEASURE at the takeoff board not the pit.
- HJ & PV ➔ MEASURE heights before record attempts.

Communication

- **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** the BEST performances after final attempts.
- **ANNOUNCE** at conclusion of competition - order of finish & best performance.
- **SEND RESULTS** to press box announcer.

Advancing Qualifiers to Finals

- **DOUBLE-CHECK** the score sheet.
- **CONFIRM** the FINALISTS before announcing.
- **SEND FINALS INFO** to press box announcer.
- **ANNOUNCE** - 1) Finalists & best prelim performance.
2) time at which finals begin.
- (optional) **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 or unrestricted area.

Managing Appeals / Questions (examples: improper attire or implement)

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

Shot Put & Discus Throw

TRIALS at Regional and State Final Meets
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].

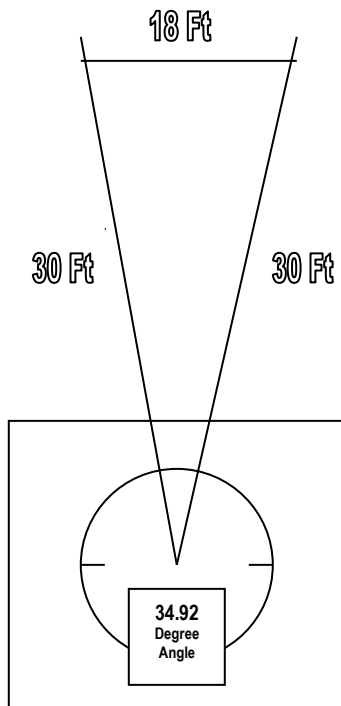
Additionally, at MHSAA Regional and State Final meets, these trials shall be taken in the sequence 1-1-1.

Shot Put & Discus Throw

Set-Up of the 34.92-degree Throwing Sector
from The NFHS 2023 Track & Field Rule Book
Appendix B; p. 85 - 86

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

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



Middle School Hurdle Specifications

from the NFHS 2023 Rule Book
p. 77

55m Hurdles (5 hurdles: Boys Height-33" / Girls Height-30")
13 meters to the first hurdle - 8.5 meters between the hurdles - and 8.0 meters from the last hurdle to the finish.

START | 13m | 8.5m | 8.5m | 8.5m | 8.5m | 8m | FINISH

200m Hurdles (5 hurdles: Boys Height-30" / Girls Height-30")
Use 200-meter starting line and common finish line.

50 meters to the first hurdle - 35 meters between the hurdles - and 10 meters from the last hurdle to the finish.

START | 50m | 35m | 35m | 35m | 35m | 10m | FINISH

Middle School Shot Put Weights

from the NFHS 2023 Rule Book
Specifications for Implements
Article [b.]; p. 76

Boys Shot Put Weight: 4.0 Kg
Girls Shot Put Weight: 6.0 pounds

Middle School Long Jump Specifications

from the NFHS 2023 Rule Book
Specifications for Implements
Article [c.]; p. 76

The FOUL LINE in the long jump should be approximately 8-feet from the near edge of the landing pit.

Junior High/Middle School Participation Limits

from the NFHS 2023 Rule Book
Suggested Special Regulations
Article [b.]; p. 76

A student may participate in any three track and/or field events from the approved list of Junior High / Middle School order of events.