

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 band of a competitor's bottom must be worn above the hips. Athletes may compete in school issued sweats. No more than one manufacturer's logo per garment and smaller than 21/4" square. **Foundation garment:** there are no foundation garment restrictions or rules.
- Shoes must be worn and firmly secured to foot.
- All jewelry is legal. Any medical alert jewelry must be visible. Jewelry deemed dangerous to athletes must be removed.
- Permanent tattoos are legal if not offensive. Check for temporary body adornment(s); **they are not legal.**
- Multiple color ribbons are OK. Sweatbands, ski bands, knit hats, ball caps and visors are allowed. Sweatbands must be two inches or less in width. **No dew rags!**
- Sunglasses are allowed. Atomizers are allowed before or after event; during event with a doctor's statement.
- Remind athletes to tuck jerseys in if possible when the athlete is standing. Throw judges should do this before each flight.

Warm-ups: must use legal equipment or implement. **NO reverse, opposite or backwards running from the pit in LJ and PV.**

Event areas: are closed until official or coach is supervising; are closed and off-limits when the event ends!!!

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

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 an 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) **must take the remaining jump(s) from the previous height at their new height.** "5 alive" ends with fewer than 9 competitors left; continue in the seeded order.
- **(If there are pre-lims and finals)** During either, an athlete should not be called while legally excused: in finals, you continue competition, but the **Athlete with best pre-lim mark has right to the last attempt in all field events!!**, and has the right to wait until the excused athlete returns and competes to make their **final** attempt.
- **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: (measure 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. Must have a successful attempt to move on to finals!** 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: (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.)
- Inform referee. See Summary of Rules.** (mark the attempt until resolved, if necessary; do not cause event delay)

BE AWARE OF COVID PROTOCOLS FOR 2021