

Implements:

Boys: Discus 1.6 Kg; Shot Put 12 lb.

Girls: Discus 1 Kg; Shot Put 4 Kg.

Implements may not have indentations, projecting points or sharp edges. A rattle is OK.

Illegal equipment will not be allowed at anytime and if used results in disqualification.

Uniforms:

Competitors must compete in a complete uniform and follow the uniform-jewelry rule.

Warm ups:

There must be supervision. An official or coach must be present during warm-up. Contestant gets one (1) warning before event DQ. Repeated offense results in a meet DQ.

Event concluded – there will be no further activity – event area is closed.

Order:

- Open order: set time limit for prelims.
- Flights of 4 to 12: prelims best to worst – finals worst to best.
- Order can be changed to allow for participation in other events.

Grip:

- Chalk or an adhesive such as rosin may be used to assist with grip.
- Gloves are not allowed.
- Tape is not allowed on competitor's hand unless to cover an open wound.
- Taping of wrists and wearing weight belts are permitted.

Trials:

- 3 prelims – 3 finals: all attempts count for placing.
- 3 (or 4) attempts – no finals: all attempts count for placing.

Time Limit:

- Trials – Competitors have one (1) minute to complete a trial.
- When excused to other events – time limit to return is determined by the games committee.

Measurements:

Marks are recorded after each attempt.

Marks are taken from nearest edge of first mark to the inside edge of the circle through its center.

CAGES and SECTOR LINES are out-of-bounds.

Discus – measured and recorded to nearest lesser inch.

Shot Put – measured and recorded to nearest lesser $\frac{1}{4}$ inch.

Finals:

There must be one qualifying prelim attempt for athlete to move on to finals.

One (1) more competitor advances than places awarded.

Example – 8 places score means at least 9 advance. Note: all competitors tied for 8th advance.

General:

- Competitor may enter circle from anywhere but must leave from back half by judge's command after throw is completed.

- Once in the circle, competitor must pause before starting throw.
- Competitor MAY NOT touch any surface outside of circle during throw.
- A legal put must be made from shoulder with one hand only.
- The shot must not drop below or behind the shoulder.

Ties:

Ties are broken by comparing second best efforts (or third, if second still results in a tie, etc.)

Ties remaining after this process – points for places are added and divided between competitors

Long Jump [page 1 of 1]

Landing Area:

- The landing area shall be a minimum of nine (9) feet wide and fifteen (15) feet long.
- The landing area should be filled with sand or another soft material to ensure safe landing.
- Take-off board shall be 8" to 24" deep and 42" to 48" wide.

Uniforms:

Competitors must compete in a complete uniform and follow the uniform-jewelry rule.

Warm ups:

There must be supervision. An official or coach must be present during warm-up. Contestant gets one (1) warning before event DQ. Repeated offense results in a meet DQ.

Event concluded – there will be no further activity – event area is closed.

Order:

- Open order: set time limit for prelims.
- Flights of 4 to 12: prelims best to worst – finals worst to best.
- Order can be changed to allow for participation in other events.

Check marks:

The type material used for checks marks will be determined by the games committee.

Check marks are not allowed on the runway or in the landing pit.

Trials:

- 3 prelims – 3 finals: all attempts count for placing.
- 3 (or 4) attempts – no finals: all attempts count for placing.

Time Limit:

- Trials – Competitors have one (1) minute to complete a trial.
- When excused to other events – time limit to return is determined by the games committee.

Failed Attempts:

- Any part of the shoe violates the scratch line or scratch line extended.
- Competitor runs through the scratch line.
- Competitor does not land in the landing area.
- When leaving the landing area, competitor touches the ground outside the landing area nearer to the scratch line than the nearest mark made in the sand.
- Competitor does not keep head in superior position.

Measurements:

Marks are measured from nearest edge of landing mark perpendicularly to the scratch line.

The scratch line may need to be extended to ensure a perpendicular measurement.

Marks are measured and recorded to nearest lesser $\frac{1}{4}$ inch.

Finals:

One (1) more competitor advances than places awarded.

Example – 8 places score means at least 9 advance. Note: all competitors tied for 8th advance.

General:

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

Ties:

Ties are broken by comparing second best efforts (or third, if second still results in a tie, etc.)

Ties remaining after this process – points for places are added and divided between competitors.

High Jump [page 1 of 1]

Landing Area:

- Landing pads must be encased in a common cover.
- The landing pads should not sit on or rest against the supports.
- Support bases shall be marked as to their location at the start of competition to ensure the same placement for each attempt. If supports and/or pits are moved, adequate time for measuring steps and practicing approaches should be allowed.
- High Jump crossbar shall be 12' to 14'10" in length. (and be round by the 2013 season)

Uniforms:

Competitors must compete in a complete uniform and follow the uniform-jewelry rule.

Warm ups:

There must be supervision. An official or coach must be present during warm-up. Contestant gets one (1) warning before event DQ. Repeated offense results in a meet DQ.

Bungee cord crossbars may be used for warm-up jumps.

Event concluded – there will be no further activity – event area is closed.

Check marks:

Checks marks are allowed on the high jump surface if they consist of approved material.

Trials:

- Opening heights will be determined by games committee.
- All competitors receive three (3) trials at each height.
- Trials may be passed and used at the next height. Only the number of attempts left from previous height will be available.
- Once three (3) consecutive misses occur the contestant is finished with event.
- When the outcome is determined, the event winner can choose the next height to set the bar.
- An accurate measurement of the bar shall be taken before and after each record attempt.

Time Limit:

- Competitors have one (1) minute to complete a trial.
- Competitors have three (3) minutes to complete a trial when three (3) or fewer are left.
- Competitors have five (5) minutes to complete a trial when one (1) is left.
- When excused to other events – time limit is determined by the games committee.

Failed Attempts:

- Competitor fails to go over the crossbar
- Competitor displaces crossbar in an attempt to clear.
- Competitor touches ground or landing area beyond plane of crossbar without clearing bar.
- Competitor clears the height, then contacts upright and displaces crossbar or steadies bar.
- If the act of attempting to clear the bar causes the bar to be dislodged it is a failed attempt. It does not matter where the contestant is when the bar dislodges.

General:

- Calling contestants in listed order or using the “Five Alive” system is allowed.
- A competitor may jump in any manner provided take-off occurs from one foot.
- The crossbar shall not be lowered once the event begins except in the case of a first place tie.
- If a support ever slips down, the judge will rule ‘no jump’ and allow another attempt.
- Contestants who pass three or more consecutive rounds and had not entered the competition are permitted one (1) warm-up jump without the crossbar in place and enter at that height. The warm up must occur at height change.

Ties:

- 1) fewest number of attempts at tied height is winner;
- 2) fewest number of attempts during competition including last cleared height is the winner;
- 3) allow one more attempt at tied height then lower the bar one (1) inch and allow one jump;
- 4) if tied jumpers both clear, raise the bar one (1) inch and allow one jump;
- 5) if tied jumpers both miss, lower the bar one (1) inch and allow one jump;
- 6) Continue this process (#4 and #5) until winner is determined.
- 7) For ties below first place – points for places are added and divided between competitors.

Pole Vault [page 1 of 2]

Landing Area:

- Landing pads must be encased in a common cover and hard surfaces shall be padded with two (2) inches of dense foam or other suitable material anywhere contestant might land.
- A box collar will be used around the planting box.
- Support bases must be weighted to prevent them from tipping over and be placed 15½” to 31.5” beyond the stop board toward the landing pit.
- Pole Vault crossbar shall be 14’10” in length. (and be round by the 2013 season)

Uniforms:

Competitors must compete in a complete uniform and follow the uniform-jewelry rule.

Poles:

- Poles may be any length and diameter.

- The bottom of pole may be protected tape, PVC, sponge rubber or other suitable material.
- A one (1) inch circular band placed by the manufacturer to indicate the top handhold position is required. And, the manufacturer's pole rating shall be a minimum of $\frac{3}{4}$ inch in contrasting color located within or above top handhold position.
- The coach must verify poles meet specifications and that the vaulter is using a pole rated greater than or equal to the vaulter's weight.
- Variable weight poles are not allowed in competition.

Warm ups:

Pole vault warm-up may not start until poles have been inspected and approved for use.

There must be supervision. An official or coach must be present during warm-up. Contestant gets one (1) warning before event DQ. Repeated offense results in a meet DQ.

Bungee cord crossbars may be used for warm-up vaults.

Event concluded – there will be no further activity – event area is closed.

Check marks:

Checks marks are allowed if they consist of an approved material.

Grip:

- Tape is not allowed on competitor's hand unless to cover an open wound.
- Taping of wrists is permitted.
- Gloves are not allowed.
- Chalk or an adhesive such as rosin may be used to assist with grip.
- No more than two layers of tape may be on pole at handholds.
- Rolling of tape to create an unfair handhold advantage is illegal.
- Illegal equipment will not be allowed at anytime and if used results in disqualification.

Trials:

- Opening heights will be determined by games committee.
- All competitors receive three (3) trials at each height.
- Trials may be passed and used at the next height. Only the number of attempts left from previous height will be available.
- Once three (3) consecutive misses occur the contestant is finished with event.
- When the outcome is determined, the event winner can choose the next height to set the bar.
- An accurate measurement of the bar shall be taken before and after each record attempt.

Time Limit:

- Competitors have one and a half (1½) minutes to complete a trial.
- Competitors have four (4) minutes to complete a trial when four (4) or fewer are left.
- A competitor has six (6) minutes to complete a trial when one (1) is left.
- When excused to other events – time limit is determined by the games committee.

Pole Vault [page 2 of 2]

Failed Attempts:

- Competitor grips the pole above the top circular band placed by the manufacturer.
- Competitor displaces crossbar with body or pole in an attempt to clear.

- Competitor leaves ground in attempt and fails to clear. (excludes aborted approaches)
- Body or pole touches ground or landing area beyond plane of stop board before clearing bar.
- Competitor clears the height, then contacts upright and displaces crossbar or steadies bar.
- Uppermost hand is raised above starting point when they leave the ground (or) lower hand moves above upper hand on the pole.

General:

- Calling contestants in listed order or using the “Five Alive” system is allowed.
- The crossbar shall not be lowered once the event begins except in the case of a first place tie.
- If a support is ever misplaced or slips, the judge will rule ‘no vault’ and allow another attempt.
- Contestants who pass three or more consecutive rounds and had not entered the competition are permitted two (2) minutes of warm-up vaulting per number of contestants entering without the crossbar in place and enter at that height. The warm up must occur at the height change.

Ties:

1. fewest number of attempts at tied height is winner;
2. fewest number of attempts during competition including last cleared height is the winner;
3. allow one more attempt at tied height then lower the bar three (3) inches and allow one vault;
4. if tied vaulters both clear, raise the bar three (3) inches and allow one vault;
5. if tied vaulters both miss, lower the bar three (3) inches and allow one vault;
6. Continue this process (#4 and #5) until winner is determined.
7. For ties below first place – points for places are added and divided between competitors.