

The Fab Five (not always obvious) Rules of Field Events

Measurement: The Disc and Javelin are measured to the nearest lesser inch or even-numbered centimeter. The rest are to the nearest lesser quarter inch or centimeter.

Time limit for competitors excused to compete in another event is set by the games committee

Pole Vault (4+ vaulters = 1 min., 2-3 vaulters = 3 min., 1 vaulter = 5 min., consecutive vaults = 3 min.)

1. Standards can be moved from 18" to 31.5 ". If the bar is to be raised, it is then measured at the zero setting. (Zero is vertical from the top of the plant box.)
2. Time starts after the standards are set. It is up to the jumper to report if he/she wants the standards moved.
3. A worker cannot catch the pole unless it is already going backwards.
4. Pole restrictions:
 - A. No tape on hands unless there is an open wound. Can tape wrists . Cannot wear gloves.
 - B. The top hand must be below the top mark or 6" and not moved up once the vaulter leaves the ground.
 - C. The weight marking must show. Vaulter's coach must verify the vaulter's weight.
5. If the vaulter leaves the ground as he is attempting to stop, but does not touch the pit or ground past "0", it is not a miss.

High Jump (1 min., 3 jumpers = 3 min., one jumper = 5 min.)

1. It is a miss if the jumper touches beyond the plane of the bar without clearing it.
2. Can have any number of approaches during the time allowed.
3. If jumper (or pole vaulter) has passed at 3 heights, he/she can have a run thru (no bar) at the height change but must then come in at that height.
4. The games committee determines marking material allowed as well as the number and location of individual check marks.
5. A jumper must pass before the time starts. No passing permitted in jump-offs.

Discus (1 min.) and Shot Put (1 min.)

1. Tape on hands –no (unless an open wound), wrists – yes, gloves – no. support belt – yes
2. Must pause when entering before throwing and must be under control before leaving the back half of the circle. (Can't touch the ground to maintain balance.)
3. In the shot put, the thrower may touch the inside of the toe board & the inside of the ring, but cannot touch the top or sides of the toe board or top of the ring. A discus thrower may touch the inside of the ring but not the top.
4. Cannot leave until implement lands and official yells "mark". Sector line itself is "out".
5. In Shot Put, shot must be thrown so that it does not drop behind or below the shoulder.

Long Jump (1 min.)

1. When prelims are held, one or more competitors than there are scoring places shall qualify for finals. Second best performance breaks a tie.
2. Markers may only be placed along side , not on, the runway.
3. Must leave the pit past the landing mark. (a foul if not)
4. Measurements must be made perpendicular to the foul line, even if the line must be extended.
5. Competitors are credited with best jump regardless of obtained in prelim or final.