

High School Throws Rules (Also see “*High School Field Event General Rules*”)

1. **The use of a protective cage is required for the discus.**
2. Each competitor is allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the Games Committee may allow all competitors just four trials.
3. The order in which competitors take their initial trials is determined by lot or the Games Committee. The head official may change the order of competition to accommodate those excused to participate in other events. In this case, competitors may be allowed to take more than one trial in succession in preliminaries and finals.
4. The time limit for competitors excused to compete in another event is determined by the Games Committee. Always record the time when competitors leave to compete in another event and when they return.
5. The time at which the preliminaries in the event shall terminate is set by the Games Committee. Any competitor who does not complete all preliminary attempts within the time specified forfeits any remaining preliminary trials.
6. If there are preliminaries and finals, the order of competition in the finals is the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
7. When preliminaries are held, one more competitor than there are scoring places shall qualify for the finals. However, all competitors tying for the last position shall be finalists. A competitor shall have had at least one legal throw in the preliminaries to advance to the finals. If a qualifying athlete withdraws from competition in the finals, no substitute may replace the withdrawn athlete.
8. Competitors shall not compete while using an illegal implement.
9. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during warm-ups or competition. Gloves are not permitted. Wear of a support belt is permitted. Taping of any part of the hands or fingers is not permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permitted.
10. A foul throw is one which is counted as a trial but which is not measured due to violation of a rule.
11. **It is a foul if the competitor:**
 - a. After stepping into the circle, fails to pause before starting the throw.
 - b. After stepping into the circle, touches any surface outside the circle or the top or end of the stopboard during a throw.
 - c. Throws the implement so it does not fall within the sector lines. (The lines are “out of bounds”)
 - d. Exits from other than the back half of the circle.
 - e. Leaves the circle or runway before the implement has landed.
 - f. In the discus, hits the cage and/or an object outside the sector before landing within the sector.
 - g. In the shot put, allows the shot to drop behind or below the shoulder during the put attempt, or uses a cartwheel technique.
 - h. Fails to **initiate** a trial that is carried to completion within **1 minute** after being called for a trial, unless excused by the officials to participate in some other event.
12. **In the event of ties**, the second best performance from either preliminaries or finals of the competitors tying shall resolve the tie. Then if necessary, the third best and so on.
13. Legal throws are measured from the nearest edge of the first mark made by the implement, to the point on the **inside edge** of the throwing circle or runway foul line nearest such mark. Draw the measuring device through the center of the throwing circle or runway where the two lines marking the throwing sector intersect. Measurements are recorded to the nearest lesser 1/4 inch or centimeter (Shot Put) or the nearest lesser inch or even number centimeter (Discus & Javelin). Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). Judges shall hold the tape such that the zero end is in the field.

High School Field Event General Rules

1. **Warm ups** or practice jumps or throws are not allowed at the field event venues unless supervised by an adult coach or official. Penalties: first occurrence: warning; second occurrence: disqualification from the event; third occurrence: disqualification from the meet. At the end of competition, field event venues are closed and no practice is allowed.
2. **Reporting.** Athletes who fail to report prior to the first competitive jump or throw may not participate in the event.
3. **Wounds.** Athletes who are bleeding, have an open wound, or have any amount of blood on the uniform may complete a running event or trial but may not start another until treatment is administered and/or the excessive blood is removed from the uniform.
4. **Assistance.** The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.
5. **Records.** A record is recognized for each field event competitor when two or more tie at the record distance or height even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in preliminaries or finals.
6. **Placings.** To place in a field event a competitor must have had at least one legal throw or jump. If after applying the tie-breaking criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie. The head event official must sign the event card, indicating all the place winners.
7. **Unacceptable conduct** by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official; using profanity which is not directed at someone; or any action which could bring discredit to the individual or his school. The penalty is disqualification from the event.
8. **Unsportsmanlike conduct** is behavior, which is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official; any flagrant behavior, intentional contact; taunting, criticizing an opponent or an official; the use of profanity directed at some one. This applies to all coaches, contestants and other school or team personnel. The penalty is disqualification from the event and any further competition in the meet.
9. **Time Limits.** For warm-ups, the Games Committee may establish a limit on the time or number of warm-up opportunities; and time limits and procedures for excused competitors.
10. **Uniforms.** Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform. Failure to wear a proper uniform disqualifies the competitor from an event, not just an attempt in the event.
 - a. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
 - b. A uniform shall consist of:
 - i. Shoes on both feet (slippers or socks do not meet this requirement).
 - ii. A school-issued full-length track top and track bottom, or one-piece uniform.
 - c. The top and bottom or one-piece uniform may have school identification & the top may have competitor's name.
 - d. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 - e. The top shall not be knotted or have knot-like protrusions.
 - f. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches is permitted on the uniform bottom or top or one-piece uniform.
 - g. An American flag, not exceeding 2 X 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 - h. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Bare midriffs are not acceptable.
 - i. Loose-fitting boxer or compression bottoms, and closed-leg briefs are acceptable; high-curt briefs are not.
 - j. The waistband of a competitor's bottoms shall be worn above the hips.
 - k. Any visible apparel worn under the top or bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacturer's logo, none of which can be more than 2 ¼ square inches and be of a single solid color. Visible apparel worn under the top and bottom do not have to be the same color.
 - l. Teammates' bottoms may vary in length and style but must be the same color by the school.