

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

Measurement: The Discus is measured to the nearest lesser inch or centimeter. (6-5.4) The rest are to the nearest lesser 1/4 inch or centimeter. (6-4.5, 6-7.6)

Competitors may be excused by the event judge to participate in other events. To accommodate, the event judge may change the order of events during preliminary or final rounds. The time limit for excused competitors is set by the games committee (typically 15 minutes). (6-2.2a,3,4)

When prelims are held, one or more competitors than there are scoring places shall qualify for finals. The second-best performance breaks a tie. Competitors are credited with the best scoring attempt obtained in either the prelim or final. (6-2.19, 6-3.2, 6-2.17)

The games committee may allow all competitors just four total trials, replacing the prelim and finals format. (6-2.10)

Pole Vault (4+ vaulters - 1 min, 2-3 vaulters -3 min, 1 vaulter - 5 min; consecutive vaults - 3 min) (6-2.2f)

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.) (6-8.19)
2. It is up to the jumper to report if he/she wants the standards moved. Time starts after the standards are set. (6-2.2)
3. No person shall be allowed to touch the pole except an assigned official, an assigned pole catcher, or the competitor, but never to prevent the pole from dislodging the bar. (6-8.24)
4. Pole restrictions:
 - a. No tape on hands unless there is an open wound. Can tape wrists. Cannot wear gloves. (6-8.21)
 - b. The top hand must be below the top hand-hold band and not moved up once the vaulter leaves the ground. (6-9.26d,h)
 - c. The weight marking must show. Vaulter's coach must verify the vaulter's weight. (6-8.15)
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. (6-8.26c)
6. A competitor who has not entered the competition within 60 minutes from the first jump shall be allowed 2 min. of warm up without the bar or bungee cord. See the rulebook for more details. (6-8.6)

High Jump (4+ jumpers - 1 min, 2-3 jumpers - 3 min, 1 jumper - 5 min; consecutive jumps – 2 min) (6-2.2f)

1. It is a miss if the jumper touches beyond the plane of the bar without clearing it. (6-8.11c)
2. Can have any number of approaches during the time allowed. (6-8.11a)
3. The games committee determines the marking material allowed as well as the number and location of individual check marks. (6-8.7)
4. A pass shall be communicated to the event judge before the start of the trial clock. (6-2.2a)
5. A competitor who has not entered the competition within 60 minutes from the first jump shall be allowed 1.5 min. of warm up without the bar or bungee cord. See the rulebook for more details. (6-8.6)

Discus (1 min) and **Shot Put** (1 min) (6-2.2f)

1. Tape on hands and fingers - yes, wrists - yes, gloves – no, fingers taped together – no, support belt – yes (6-4.1, 6-5.1)
2. Must pause when entering before throwing and must leave the circle after the implement has landed. (6-4.3b,g, 6-5.2b,f)

3. The thrower may touch the inside of the ring. For shot, the thrower may touch the inside of the toe board. (6-4.3e, 6-4.2d)
4. Must exit the back half of the circle. The throw is not complete until the competitor exits the circle. The throw must fall within the sector lines. (6-4.3f,h, 6-5.2d,g)
5. In Shot Put, the shot must be thrown so that the Shot does not drop behind or below the shoulder. (6-4.2)

Long Jump (1 min) (6-2.2f)

1. Markers may only be placed alongside, not on, the runway or landing pit. (6-7.1)
2. Must leave the pit past the landing mark. (a foul if not) (6-7.3f)
3. Measurements must be made perpendicular to the foul line, even if the line must be extended. (6-7.4)
4. It is not a foul if the competitor runs outside the runway lines. (6-7.1b)
5. Must keep head in the superior position while in the air (no somersault). (6-7.3d)