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 If a qualifying athlete withdraws from competition in the finals, no substitute may replace the withdrawn athlete.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 permitted as long as fingers are taped and can fully move separately. 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.

FIELD EVENT TIME LIMITS

Athletes remaining:	4+	2 or 3	1	CONSECUTIVE TRIALS*
LJ, SP, D	1 min.	1 min.	1 min.	**2 min.**
HJ	1 min.	3 min.	5 min.	**2 min.**
PV	1 min.	3 min.	5 min.	**3 min.**

**** Consecutive trials for HJ and PV refer to consecutive attempts in height.***