

**RULE 6-4 (p.43)****SHOT PUT**

SUMMARY OF RULES - 2022

**Implements**

- 1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.....6-10-2
- 2) Shot Puts may not have indentations.....6-10-1
- 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....6-2-13

**Uniforms**

- 4) Competitors must compete in a complete uniform (school issued/approved).....4-3-1b
- 5) Competitors must wear shoes fastened securely to both feet.....4-3-1a

**Warm ups:**

- 6) There must be supervision. An official or coach must be present during warm-up.....6-2-6
- 7) Once competition begins, venue and associated equipment is off limits for practice.....6-2-8
- 8) Event concluded - there will be no further activity - event area is closed.....6-2-9  
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

**Order:****Shot Put = Boys 1<sup>st</sup> [even year], Girls 1<sup>st</sup> [odd year]**

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
- 10) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
- 11) Finalists put worst to best.....6-2-3...6-2-20
- 12) Order may be changed in any throwing event to allow for participation in other events....6-2-3

**Grip:**

- 13) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-14
- 14) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-4-1
- 15) Taping of wrists permitted; wearing support belts permitted.....6-4-1

**Trials:**

- 16) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-17
- 17) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-10

**Time Limit (6-2-2: Table 1, p.40):**

- 18) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2...6-4-3a
- 19) Time limit when excused to other events = determined by games committee.....6-2-4

**Measurements:**

- 20) Marks are recorded after each legal trial.....Mhsaa
- 21) SECTOR LINES are out-of-bounds. Puts shall be made from inside the circle.....6-9-2
- 22) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.....6-4-4
- 23) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-4-5

**Finals:**

- 24) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-19
- 25) One (1) more competitor advances to finals than places awarded no substitutions.....6-2-19
- 26) If 8 places score, 9 competitors advance to finals plus everyone tied for 9<sup>th</sup> advance.....6-2-19

**Failed Attempts:**

- 27) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-4-3a
- 28) Once in the circle, Competitor FAILS TO PAUSE before starting the put.....6-4-3b
- 29) Competitor TOUCHES ANY SURFACE outside of circle during the put.....6-4-3c
- 30) The SHOT DROPS BEHIND OR BELOW the shoulder.....6-4-3d
- 31) A legal put must be made from shoulder with ONE HAND ONLY from inside the circle.....6-4-2
- 32) Shot does not fall WITHIN the sector lines.....6-4-3f
- 33) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-4-3g
- 34) Competitor DOES NOT EXIT BACK HALF of the circle.....6-4-3h
- 35) Competitor does a "CARTWHEEL".....6-4-3i

**Ties: (6-3-2a)**

- 36) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
- 37) Ties remaining after this process -  
Add points for places & divide between competitors.....6-3-4

**RULE 6-5 (p.44)****DISCUS THROW**

SUMMARY OF RULES - 2022

**Implements:**

- 1) Boys: Discus = 1.6 Kg; Girls: Discus = 1 Kg.....6-10-4
- 2) A Discus may not have indentations, projecting points or sharp edges.....6-10-3
- 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....6-2-13

**Uniforms:**

- 4) Competitors must compete in a complete uniform (school issued/approved).....4-3-1b
- 5) Competitors must wear shoes fastened securely to both feet.....4-3-1a

**Warm ups:**

- 6) There must be supervision. An official or coach must be present during warm-up.....6-2-6
- 7) Once competition begins, venue and associated equipment is off limits for practice.....6-2-8
- 8) Event concluded - there will be no further activity - event area is closed.....6-2-9  
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

**Order:****Discus Throw = Girls 1<sup>st</sup> [even year], Boys 1<sup>st</sup> [odd year]**

- 9) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-21
- 10) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
- 11) Finalists throw worst to best.....6-2-3...6-2-20
- 12) Order may be changed to allow for participation in other events.....6-2-3

**Grip:**

- 13) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-14
- 14) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-5-1
- 15) Taping of wrists permitted; wearing support belts permitted.....6-5-1

**Trials:**

- 16) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-17
- 17) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-10

**Time Limit (6-2-2: Table 1, p.40):**

- 18) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2...6-5-3a
- 19) Time limit when excused to other events = determined by games committee.....6-2-4

**Measurements:**

- 20) Marks are recorded after each trial.....mhsaa
- 21) SECTOR LINES and CAGES are out-of-bounds. Throws shall be made from inside the circle.....6-9-2
- 22) Measure from nearest edge of mark to inside edge of circle through its center.....6-5-3
- 23) Legal trials are measured and recorded to nearest LESSER inch or EVEN cm.....6-5-4

**Finals:**

- 24) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-19
- 25) One (1) more competitors advance to finals than places awarded - no substitutions.....6-2-19
- 26) If 8 places score, 9 competitors advance to finals plus everyone tied for 9<sup>th</sup> advance.....6-2-19

**Failed Attempts:**

- 27) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-5-2a
- 28) Once in the circle, Competitor FAILS TO PAUSE before starting throw.....6-5-2b
- 29) Competitor TOUCHES any surface outside of circle during throw.....6-5-2c
- 30) Discus does not fall WITHIN the sector lines.....6-5-2d
- 31) Discus hits the cage or object outside the sector and ricochets back into the sector.....6-5-2e
- 32) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-5-2f
- 33) Competitor DOES NOT EXIT BACK HALF of the circle.....6-5-2g  
[NOTE: Competitor may enter circle from anywhere]

**Ties: (6-3-2a)**

- 35) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
- 36) Ties remaining after this process -  
Add points for places & divide between competitors.....6-3-4

**RULE 6-7 (p.46) HORIZONTAL JUMPS - LONG JUMP SUMMARY OF RULES - 2022**

**Landing Area:**

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide. ....6-9-15
- 2) The landing area should be filled with 12" sand or soft material & level with the board.....6-9-16
- 3) The landing area shall be a minimum of (23) feet long and (9) feet wide.....6-9-17
- 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability. ....6-9-17

**Uniforms:**

- 5) Competitors must compete in a complete uniform (school issued/approved). ....4-3-1b
- 6) Competitors must wear shoes fastened securely to both feet. ....4-3-1a

**Warm ups:**

- 7) There must be supervision. An official or coach must be present during warm-up. ....6-2-6
- 8) Warm-up approaches shall only be run in the direction of competition.....6-2-7
- 9) Once competition begins, venue and associated equipment is off limits for practice. ....6-2-8
- 10) Event concluded - there will be no further activity - event area is closed. ....6-2-9  
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.

**Order:** Long Jump = Girls 1<sup>st</sup> [even year], Boys 1<sup>st</sup> [odd year]

- 11) Open order: Games committee will set time limit for prelims..... 3-2-4d...6-2-21
- 12) Prelim flights of no less than 5 in the order set by games committee.....6-2-18
- 13) Finalists jump worst to best. ....6-2-3.....6-2-20
- 14) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

**Check marks:**

- 15) The type material used for check marks is determined by the games committee. ....3-2-4b
- 16) Check marks are not allowed on the runway or in the landing pit. ....6-7-1

**Trials:**

- 17) Larger meets: 3 prelims – 3 finals: all trials count for placing. ....6-2-17
- 18) Smaller meets: 4 trials – no finals: all trials count for placing. ....3-2-4f...6-2-10

**Time Limit (6-2-2: Table 1, p.40):**

- 19) Trials - After being called competitors have one (1) min to initiate a trial..... 6-2-2.....6-7-3f
- 20) Time limit when excused to other events = determined by games committee.....6-2-4

**Failed Attempts:**

- 21) Any part of the shoe violates the foul line.....6-7-3a
- 22) Competitor runs through the foul line or foul line extended.....6-7-3b
- 23) Competitor does not keep head in superior position. [NO somersault] .....6-7-3c
- 24) Competitor does not land in the pit. ....6-7-3e
- 25) When leaving the pit, competitor touches the ground outside the landing area  
closer to the foul line than the nearest mark made in the sand.....6-7-3e
- 22) Competitor fails to initiate a trial within one (1) minute after name is called. ....6-7-3f

**Measurements:**

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line. ....6-7-4
- 24) The foul line may need to be extended to ensure a perpendicular measurement.....6-7-4
- 25) Measurements of trials shall be taken at the takeoff board. ....6-7-5
- 26) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-7-6

**Finals:**

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals. ....6-2-19
- 28) One (1) more competitor advances to finals than places awarded - no substitutions.....6-2-19
- 29) If 8 places score, 9 competitors advance to finals plus everyone tied for 9<sup>th</sup> advance.....6-2-19

**Ties: (6-3-2a)**

- 30) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
- 31) Ties remaining after this process -  
Add points for places & divide between competitors. ....6-3-4

**RULE 6-8 (p.47) VERTICAL JUMPS - HIGH JUMP SUMMARY OF RULES - 2022**

**Landing Area:**

- 1) Landing pads in sections must be attached and encased in a common cover.....6-9-20
- 2) Bordering surfaces (concrete/asphalt) shall be padded 2" min. dense foam material. ....6-9-21
- 3) Support bases shall be marked as to their location at the start of competition. ....6-9-22
- 4) Mark the X-Bar and base of the standards in exactly the same position before displacement. ....6-8-12
- 5) High Jump crossbar shall be circular, non-metal and 12' to 14'10" in length.....6-9-23

**Uniforms:**

- 6) Competitors must compete in a complete uniform (school issued/approved). ....4-3-1b
- 7) Competitors must wear shoes fastened securely to both feet. ....4-3-1a

**Warm ups:**

- 8) There must be supervision. An official or coach must be present during warm-up. ....6-2-6
- 9) Once competition begins, venue and associated equipment is off limits for practice.....6-2-8
- 10) Event concluded - there will be no further activity - event area is closed. ....6-2-9  
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
- 11) Bungee cord crossbars may be used for warm-up jumps. ....6-8-3

**Order:** High Jump = Boys 1<sup>st</sup> [even year], Girls 1<sup>st</sup> [odd year]

- 12) Calling contestants in listed order or using the "Five-Alive" system is allowed.....6-8-2
- 13) If number of competitors is less than 9, then ALL will be in a single continuing flight.....6-8-2
- 14) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

**Check marks:**

- 15) Games committee specifies location, marking material and number of check marks. ....6-8-6

**Trials:**

- 16) Competitors receive three (3) trials at each height. ....6-8-1
- 17) Trials may be passed. Only the number of attempts left will be available. ....6-8-1
- 18) Once three (3) consecutive misses occur the contestant is finished with event.....6-8-1
- 19) Contestants who pass three or more consecutive heights with NO attempts are permitted one (1) warm-up jump w/o the crossbar in place and enter at that height.  
The warm-up must be taken at a height change. ....6-8-7
- 20) Opening heights will be determined by games committee. ....6-8-8
- 21) When only one competitor remains, the event winner can choose the next height.....6-8-8
- 22) An accurate measurement of the bar shall be taken before each record attempt.....6-8-12
- 23) Measurements shall be made to the nearest lesser ¼ inch or centimeter .....6-8-13

**Time Limit (6-2-2: Table 1, p.40):**

- 24) When called competitors must initiate a trial within one (1) min if more than three competitors. Three (3) min when three or fewer are left. Five (5) min when one is left. ....6-2-2
- 25) Time limit when excused to other events = determined by games committee. ....6-2-4

**Failed Attempts:**

- 26) Competitor displaces crossbar during an attempt to clear.....6-8-11a
- 27) Competitor touches ground/landing area beyond plane of crossbar w/o clearing bar. ....6-8-11b
- 28) Competitor clears height, then contacts upright and displaces (or steadies) crossbar.....6-8-11c
- 29) After x-bar set and name called competitor fails to initiate a trial within one (1) minute. ...6-8-11d
- 30) Competitor fails (total body) to go over the crossbar. ....6-8-11e
- 31) Competitor takes off from two (2) feet; uses weights/artificial aids..... 6-4-16...6-8-11f

**General:**

- 32) The crossbar shall not be lowered once the event begins. Exception: 1st place tie.....6-8-9
- 33) If a support ever slips down, the judge will rule 'no jump' and allow another trial.....6-8-4
- 34) A crossbar displaced by an external force after a cleared attempt is counted as successful.....6-8-5

**Ties (6-3-2b):**

- 35) 1st tie breaker: fewest number of misses at tied height is winner. ....6-3-2b1
- 36) 2nd tie breaker: fewest number of misses during competition is the winner. ....6-3-2b2
- 37) Passed trials shall not count as misses.....6-3-2b3
- 38) 3rd tie breaker (**for 1st place only**): Allow (1) more trial at tied height.....6-3-2b4  
Tied jumpers both miss = lower the bar 1" and allow (1) trial.  
Tied jumpers both clear = raise the bar 1" and allow (1) trial.  
Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 39) Ties below 1st place: add points for places & divide by number of tied competitors. ....6-3-4

**RULE 6-8 (p.48) VERTICAL JUMPS - POLE VAULT (p1 of 2) SUMMARY OF RULES - 2022**

**Landing Area:**

- 1) Landing pads in sections must be encased in a common cover. ....6-9-26
- 2) The maximum cutout for the planting box shall be 36" in width. ....6-9-27
- 3) Hard surfaces shall be padded with a minimum 2" of dense foam/suitable material. ....6-9-28
- 4) Support bases must be secured or weighted to prevent them from tipping over. ....6-9-29
- 5) Width between support pins is  $\geq 13'8"$  and  $\leq 14'8"$ . ....6-9-29
- 6) Pole Vault crossbar shall be circular, non-metal and  $\geq 14'8"$  and  $\leq 14'10"$  in length. ....6-9-30
- 7) The X-bar is placed 18" to 31½" beyond the stop board toward the landing pit (Fig 14). ....6-8-20

**Uniforms:**

- 8) Competitors must compete in a complete uniform (school issued/approved). ....4-3-1b
- 9) Competitors must wear shoes fastened securely to both feet. ....4-3-1a

**Poles:**

- 10) Poles may be any length and diameter. ....6-8-14
- 11) The bottom of pole may be protected tape, PVC, sponge rubber, suitable material. ....6-8-14
- 12) Manufacturer's pole rating shall be a minimum of ¾-inch in a contrasting color located within or above top handhold position. And, a one 1-inch circular band placed by the manufacturer to indicate the top handhold position is required. ....6-8-15
- 13) Prior to competition, the coach must verify poles meet specifications and that the vaulter is using a pole rated  $\geq$  the vaulter's weight. ....6-8-15
- 14) Variable weight pole; mismarked pole; lighter rated pole = Illegal = Event DQ. ....6-8-16

**Warm ups:**

- 15) Pole vault warm-up may not start until poles have been inspected & approved for use. ....6-8-17
- 16) An official or coach must be present during warm-up. There must be supervision. ....6-2-6
- 17) Warm-up approaches shall only be run in the direction of competition. ....6-2-7
- 18) Once competition begins, venue and associated equipment is off limits for practice. ....6-2-8
- 19) Event concluded - there will be no further activity - event area is closed. ....6-2-9
- 20) Event concluded – ALL associated equipment INCLUDING POLES is removed from area. ....6-2-9
  - 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
- 21) Bungee cord crossbars may be used for warm-up vaults. ....6-8-3

**Order:**

**Pole Vault = Girls 1<sup>st</sup> [even years], Boys 1<sup>st</sup> [odd years]**

- 22) Calling contestants in listed order or using the "Five Alive" system is allowed. ....6-8-2
- 23) If number of competitors is less than 9, then ALL will be in a single continuing flight. ....6-8-2
- 24) Order may be changed in any jumping event to allow for participation in other events. ....6-2-3

**Check marks:**

- 25) Checks marks are not allowed on the runway. They must be placed on the side. ....6-8-21

**Grip:**

- 26) Taping wrists is allowed; Tape NOT allowed on hand unless to cover an open wound. ....6-8-22
- 27) Gloves NOT allowed. The use of a forearm cover to prevent injuries is permitted. ....6-8-22
- 28) Chalk or an adhesive such as rosin may be applied to hands or pole. ....6-8-22
- 29) Tape on poles must be of uniform thickness below top hand hold mark. ....6-8-14

**Trials:**

- 30) Opening heights will be determined by games committee. ....6-8-19
- 31) When only one competitor remains, the event winner can choose the next height. ....6-8-19
- 32) All competitors receive three (3) trials at each height. ....6-8-1
- 33) Trials may be passed. Only the number of attempts left will be available. ....6-8-1
- 34) Once three (3) consecutive misses occur the contestant is finished with event. ....6-8-1
- 35) A broken pole during an attempt does not count as a trial. ....6-8-23
- 36) A crossbar displaced by an external force after a cleared attempt is counted as successful. ....6-8-5
- 37) An accurate measurement of the bar shall be taken before each record attempt. ....6-8-28
- 38) Measurements shall be made to the nearest lesser ¼ inch or centimeter ....6-8-29

**Time Limit (6-2-2: Table 1, p.40):**

- 39) When called competitors must initiate a trial within one (1) min if more than three competitors. Three (3) min when three or fewer are left. Five (5) min when one is left. ....6-2-2
- 40) Time limit when excused to other events = determined by games committee. ....6-2-4

**RULE 6-8 (p.48) VERTICAL JUMPS - POLE VAULT (p2 of 2) SUMMARY OF RULES - 2022**

**Failed Attempts:**

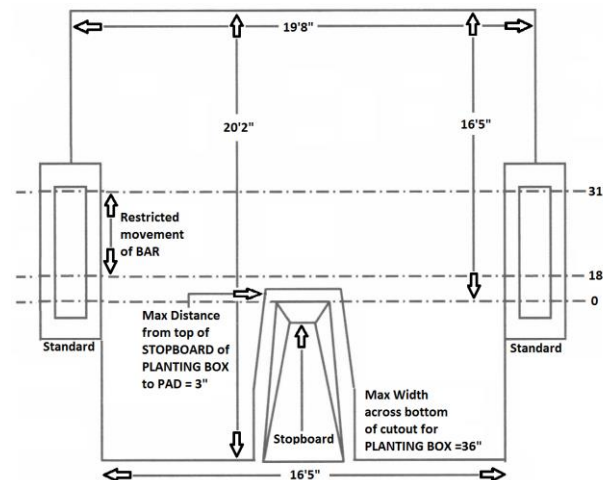
- 41) Competitor displaces crossbar with body or pole during an attempt to clear. ....6-8-27a
- 42) Competitor leaves ground and fails to clear. (excludes aborted approaches) ....6-8-27b
- 43) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole. ....6-8-27c
- 44) Body/pole touches ground/landing area beyond plane of stop board before clearing. ....6-8-27d
- 45) Competitor fails to initiate a trial after being called within time limit. ....6-8-27e
- 46) Competitor clears the height, contacts upright and displaces (or steadies) crossbar. ....6-8-27fg
- 47) Competitor grips the pole above the top circular band placed by the manufacturer. ....6-8-27h
- 48) Competitor touches (or catches) pole to prevent it from dislodging crossbar. ....6-8-27i

**General:**

- 49) No person except competitor, official or designee allowed to touch the pole. ....6-8-25
- 50) The crossbar shall not be lowered once the event begins except for a 1st place tie. ....6-8-26
- 51) Mark the X-Bar and base of the standards to ensure consistent placement. ....6-8-28
- 52) If a support is misplaced or slips, this is 'no vault' and another trial will be allowed. ....6-8-4
- 53) Contestants who pass three (3) or more consecutive heights with NO attempts are permitted two (2) minutes of warm-up per no. of opponents w/o the crossbar in place. Warm up must occur at the height change and contestant(s) enter at that height. ....6-8-18

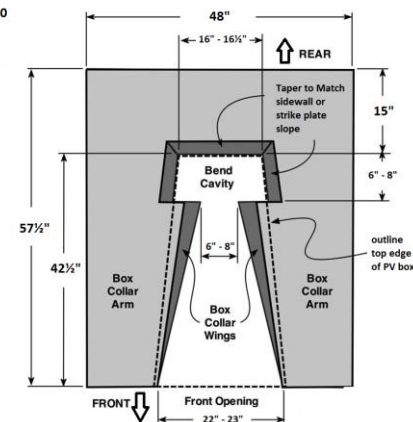
**Ties (6-3-2b):**

- 54) 1st tie breaker: fewest number of misses at tied height is winner. ....6-3-2b1
- 55) 2nd tie breaker: fewest number of misses during competition is the winner. ....6-3-2b2
- 56) Passed trials shall not count as misses. ....6-3-2b3
- 57) 3rd tie breaker (for 1st place only): Allow (1) more trial at tied height. ....6-3-2b4
  - Tied jumpers both miss = lower the bar 3" and allow (1) trial
  - Tied jumpers both clear = raise the bar 3" and allow (1) trial
  - Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 58) Ties below 1st place: add points for places & divide by number of tied competitors. ....6-3-4



**Box Collar (ASTM Specification Standards) Rule 6-9-27**

**Landing System Figure 14 Page 59 Rule 6-9-26**



**Uniform Guidelines****PROACTIVE:**

Athletes may fix their uniforms before competition begins.

**INVISIBLE:**

Socks; Arm Warmers; HAIR CONTROL; Visor; Waistband Logo; Undergarments; Medic Alert; Gloves in HJ & LJ

**OK:**

Ski Band; Knit Watch Cap; Ball Cap; Jewelry; Sunglasses; Watches; Sweatband 2" wide; One Mfg Logo per top/bottom 2¼" square

**NOT OK:**

Offensive Tattoo; Dew Rag; Temporary Body Adornment; Bare Midriff; Hazardous Jewelry; GLOVES in relays/shot/discus/vault

**Check In**

A contestant who fails to report before the start of competition shall not be allowed to participate in the event (Rule 4-1-3). Contact the REFEREE.

**Athletes Excused to Another Event**

- **KNOW** the procedure and time limits set by the *games committee*.
- **COMMON SENSE** must prevail.
- **ASK** athletes at check-in if they have other events.  
**RE-ORDER FLIGHTS** to facilitate athletes competing in other events. Inform the athletes they may choose to 1) move ahead in the order of competition or 2) take consecutive trials before being excused.
- **BE PROACTIVE:** Allow a teammate or coach to report to a field event in place of the competitor if the competitor is competing in another event. Their presence validates the entry of the excused athlete.
- **TIME-STAMP** excused athletes when 1) they leave and 2) they return.
- **FINALS - DO NOT CALL** an athlete who is legally excused to another event. Continue the competition.  
**NOTE:** The competitor with the best prelim mark may wait until any excused competitors have taken all their trials to take the FINAL attempt of the competition (6-2-3).

**Athlete Excused to Another Event - HAS NOT RETURNED****SP, DT, & LJ**

If an athlete has not returned and all others have completed trials, announce that all remaining throws must be completed for example, in 10 minutes (or another pre-designated time).

**HJ & PV**

If an athlete has not returned and all others have cleared the height, announce that the bar will raise. For example "**In 5 minutes** (or another pre-designated time) **the bar will raise to the next height.**" Unused attempts will be marked as a *pass* and may be used at the new height.

**Judges Terminology - ALL FIELD EVENTS****CALLING TRIALS**

James **'UP'** | William **'ON DECK'** | Thomas **'ON HOLD'**.

Competitors must **be ready** when they are **'UP,'** not getting ready

**GOOD ATTEMPT**

**'Fair'** - or - White Flag (The use of FLAGS is recommended)

**FAILED ATTEMPT**

**'Foul'** - or - Red Flag (The use of FLAGS is recommended)

**RECORDING TRIALS (HJ & PV)**

O ➔ cleared height    X ➔ failed attempt    - ➔ attempt passed

**Order of Competition**

- ORDER    HJ, PV    ➔ "5 Alive" format.  
➔ If number of competitors is less than 9, then ALL will be in a single continuing flight.
- ORDER    DT & SP    ➔ **Regional & State Final will be 1-1-1.**

**Measuring Attempts**

- MEASURE    LJ, HJ, PV, & SP    ➔ to nearest lesser ¼" or cm.
- MEASURE    DISCUS    ➔ to nearest lesser 1" or EVEN cm.
- MEASURE    LONG JUMP    ➔ at the takeoff board not the pit.
- MEASURE    HJ & PV    ➔ heights before record attempts in.

**Communication**

- AVOID announcing the name of an athlete or school who's AWOL.
- Clearly ANNOUNCE performance heights/distances after each attempt.
- ANNOUNCE and CIRCLE the best performances after final attempts.  
RECORD carefully in 'BESTS COLUMN.'
- ANNOUNCE order of finish and best performance at conclusion of competition.
- SEND INFORMATION to press box announcer.

**Advancing Prelims to Finals**

- **DOUBLE-CHECK** the score sheet.
- **CONFIRM** - The Finalists before announcing.
- **SEND FINALIST INFO** to press box announcer.
- **ANNOUNCE** - 1) Finalists & best prelim performance;  
2) time at which finals begin.
- (optional) **RE-WRITE** Finalists AND best prelim mark on another sheet in order of finals competition.
- Competitors may view video in a coaches box or unrestricted area.

**Appeals / Questions (example: improper attire or implement)**

- 1) Record the performances.
- 2) Do not announce results if there is a question or appeal.
- 3) Contact the REFEREE to resolve issue.

**Shot Put & Discus Throw****TRIALS at Regional and State Final Meets**

MHSAA Track & Field Committee Meeting January 26, 2002

In the [shot put and discus throw] each competitor shall be allowed three preliminary trials. In the finals, each qualifier is awarded three additional trials [6-2-17].

**Additionally, at MHSAA Regional and State Final meets, these trials shall be taken in the sequence 1-1-1 [MHSAA].**

**Shot Put & Discus Throw****Set-Up of the 34.92-degree Throwing Sector**

from The NFHS 2022 Track & Field Rule Book

Appendix B; p. 81 - 82

The degree measure of sectors in both the Shot Put and Discus Throw for 2008 and beyond will be 34.92 degrees.

The Isosceles Triangle Formula: **BASE = 0.6 x LEG**

