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## INTRODUCTION

To assist Officials, the Games Committee for the HHSAA State Track and Field Competition has summarized good practices and procedures in this "HHSAA Guidelines for Track and Field Officials". This document supplements the NFHS Rules, Case Book and Officials Manual along with the HHSAA State Track Meet Handbook. This document does not supersede any of the above documents, nor is it intended to be used for decision making or policy. It is intended to be an educational tool for Hawaii Track and Field officials.

The Games Committee for the HHSAA State Track and Field Meet, as presently constituted, is comprised of the following individuals: Jeff Meister, Allan Fernandez, Kimo Weaver, Tommy Chun, Dick Sutton, Mark Zeug, Glen Wakumoto, Doug Kilpatrick and William Hinshaw. This group is charged with making suggestions for consideration on State Track Meet management and officiating practices. An offshoot of that responsibility is this document. It is the Committee's intent that officials can learn from this document and help themselves, volunteers and ultimately the athletes to better understand the sport of Track and Field and how it is to be conducted.

Covered in these pages are common definitions and practices along with some discussions about each of the events or event groups of the sport. Each section is intended to stand alone and can be directed to a specific coach, athlete, official or administrator. Redundancy within the sections is intentional for this reason.

The Committee hopes that you will find this document helpful and that you may offer ideas or topics that can help make it more useful in the future.

## DEFINITIONS AND CLARIFICATIONS

### **Entrants/Contestants/Competitors (Rule 4-Art 1-3)**

A contestant is any athlete entered in the meet.

A Contestant becomes an Entry at the time the games committee has established as the deadline for accepting entries.

An Entry becomes a Competitor when he/she reports to the Clerk-of-The-Course or Field-Event Judge for an event in which they are entered.

### **Competitors Uniforms (Rule 4-3-Art 1-3); also State Meet Handbook-Section X**

All participants are required to wear school-issued or school approved (confirmed by head coach) uniforms, preferably with school identifying insignia and worn as intended by the manufacturer. Athletes competing in the throwing events are allowed to use alternate school-issued or school approved uniform of matching color or design. (NOTE: Schools with athletes competing in alternate uniforms in the throwing events MAY be asked to provide proof of alternate uniform being school-issued or school-approved).

The competitor's uniform shall meet the following requirements and restrictions:

1. Each competitor shall wear shoes on both feet. The shoes shall have an upper and definitely recognizable sole and heel. The (shoe) upper must be designed so that it can be fastened securely to the foot. The use of slippers or socks does not meet the requirements of the rule.
2. Each competitor shall wear a school-issued or school-approved full-length track top or one-piece uniform. Bare midriff tops are not allowed. The top or one-piece uniform may have school identification and the top may have the competitor's name. The uniform top shall not be knotted or have a knot-like protrusion. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
3. Each competitor shall wear a school-issued or school-approved track bottom or one-piece uniform which may have the school identification. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.

4. Visible undergarments are now considered "foundation garments" and as such are not subject to logo/trademark/reference or color restrictions.
5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform, any undergarment and the bottom. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel.
6. Appropriate warm-up attire should be worn in the track infield area. This includes the requirement that all competitors must wear covered shoes in the infield area.
7. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that draw attention to athletes.
  - Competitors will not be permitted to wear baseball caps, bandanas, or other head covering or adornments. However, a functional hair-tie, scrunchie or headband that is worn to hold the competitor's hair in place will be permitted.
  - Only prescription sunglasses may be worn.
  - Jewelry may be asked to be removed by an official if deemed a safety issue.
  - Garments, head scarfs and/or similar garments worn for religious beliefs must be approved by the Games Committee prior to an athlete's competition. Failure to receive prior approval will be viewed as a uniform violation and the competitor shall be required to make the uniform legal before becoming eligible for further competition. The competitor will be issued a warning that a subsequent violation shall result in a disqualification from the event.

**Penalty:** When a violation is observed and noted by a meet official, the penalty for the wearing of an illegal uniform is that the competitor shall be required to make the uniform legal before becoming eligible for further competition. Competition shall not be delayed while a competitor attempts to make the uniform legal. The competitor and Head Coach will be issued a warning that a subsequent violation shall result in a disqualification from the event.

8. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

**Penalty:** This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

**Spikes (Rule 3-2-4a; 4-3); also State Meet Handbook - Section XI – SPIKES**

Spike length is decided by the Games Committee and dictated by host track.

Unless otherwise informed in the current year's State Championship Meet Handbook, all shoe spikes for running and field events shall be pyramid shaped spikes and not exceed .25" (English) in length when measured from the sole of the shoes. No "Needle" or "Christmas Tree" spikes of any length will be allowed. It will be the responsibility of the athlete to get his/her spikes inspected and to change his/her spikes should a change be necessary. No spikes will be provided.

1. All spikes must be inspected prior to the start of the day's competition and shoes will be marked after this initial inspection.
2. Spikes will be inspected again at the time of check-in to any event.
3. Failure to comply with appropriate spike length or style:
  - **FIRST OBSERVED VIOLATION:** Warning will be issued to competitor and recorded. Coach will also be advised of first warning. Competitor is required to change his/her spikes to approved length and type before becoming eligible for further competition.
  - **SUBSEQUENT VIOLATION(S):**
    - If a competitor is found to be wearing illegal spikes during competition, he/she will be disqualified from the event.
    - If same competitor is found to be in violation a second time, either at the time of check-in or during competition, he/she will be disqualified from the meet.

**Electronic Devices and Wearables (Rule 3-2); also State Track Meet Handbook - Section XII – Electronic Devices**

No electronic devices will be allowed in the competition area or in the infield. (see "Designated Coaches Areas" for exceptions)

State Track Meet Handbook - Section X - Competitors Uniforms – 5c. also states that GPS watches or similar devices may not be worn, however wearing a simple watch that tells or measures time is permissible. Any electronic device or wearable whose function is other than that of telling and/or measuring time is illegal. GPS type watches or other wearables that give on-going splits, pre-programmed beeps, pulse measurements and/or similar aid may not be worn.

## **LONG JUMP - TRIPLE JUMP**

### **(Rule 6-1 thru 6-24; 6-9)**

**Check with the Meet Director** to determine meet records, location of the coaches' box, starting time, warm up time or number of warm-ups, order in which competitors will take their trials and any special instructions.

**Close the venue** so it can be inspected (refer to **Venue Inspection and Preparation** section following):

- All runways, pits and equipment shall be checked to insure proper function and compliance to specifications.
- Designated areas must be clearly marked, restricted and controlled for spectators, coaches, athletes who are actively competing and those who are warming up or waiting to compete as well as others who support the event (officials, media, announcers, etc.).
- Visual markers should be provided for all field events to help coaches and spectators see and enjoy marks, jumps and throws.

### **Crew - who will be assisting you?**

- You should have a minimum of 1 marker, 1 tape puller (or laser operator) and one raker. If additional crew is available, then consider a second marker, a second reader/recorder and a second raker. Markers and readers should be officials. These additional crew members will improve the speed and accuracy of the event.
- Additional focused volunteers can be used to keep non-participants out of competition areas and other tasks.
- Championship meets require a wind gauge operator who should be an official.

### **Pre-Event Mark Measurement and Warm-Up (Rule 6-2-6)**

An athlete or coach may set down marks (approved by the Games Committee) outside the runway at any time. Athletes may not use the runway for warm-up until the site inspection has been completed and an official is present and permits such activity. Athletes may not get his/her marks by running out from the takeoff point at any time during warm-ups or competition.

Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.

## **Keep Runways Clear/Awareness**

Control the runway during practice and competition. During warm-ups, pay special attention when athletes are trying to set their marks, and other competitors are on the runway. Do not allow multiple jumpers on the runway at the same time. During warm-up and competition, athletes are not allowed to use the runway to run away from the pit to set their marks or for any other purpose.

If another event, i.e. throwing, is in progress near your venue, warn the athletes to pay attention when participating and leaving your event. Officials should always stop the event when safety might be compromised.

## **Checking In (Rule 6-2-1; State Meet Handbook VII)**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete. When the athletes are gathered for instructions at the close of the check-in process, the Head Event judge will reconfirm those who have checked out to see if any missing competitors are present to make sure no one was missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

Athletes may check into a field event before First Call if there is an official present at the pit that is prepared to accommodate such early check-in requests. If the early check-in is made to accommodate participation in another event, it is the athlete's responsibility to so inform the field-event official.

## **Uniform Inspection**

Uniforms and shoes must be inspected.

Check spikes - must be pyramid spikes which do not exceed the allowable length.

Jewelry is allowed, but not recommended. Jewelry will be asked to be removed if deemed unsafe or possible to interfere with another competitor.

## **Conducting the Competition (Rule 6 – Sections 1, 2 and 9)**

An Event Briefing will be conducted by the Head Event Judge at the end of the Event Check In and all uniforms and spikes have been inspected.

Before starting the event, the official should ascertain which participants are going to be in concurrent or upcoming events and rearrange the order within the flight to have as many of those participants as possible attempt one or more trials early.

Competitors jump in order as established by the Games Committee. A competitor may ask to move up in the order as many times as they wish in order to compete in another event. Contestants will be called as follows "AAA is up, BBB on deck and CCC on hold". They have one minute to start the process and carry through to jump completion – usually the official will say something like "AAA – you have one minute to jump" and the clock starts.

If the front of the shoe extends past the leading edge of the board or if the contestant runs by the board, that's a foul.

Competitors must land in the pit. The distance will be measured to the nearest 1/4-inch from the mark that the part of the body, hair or clothes that is closest to the board makes when the competitor hits the sand.

Competitors must exit the pit to the front or side; the jump is completed when the competitor first contacts the surface outside the landing area (pit). If the first contact with the surface outside the landing area (pit) is closer to the board than the furthest back mark in the pit, that's a foul. There is no longer any "exit the pit under control" stipulation.

When calling fouls, try to have "two sets of eyes" on the board if possible. A call or signal (By Flag) will be made on every jump. A jump that is deemed "Fair" will be made after the competitor exits the pit via a call or flag - "fair/mark it" or white flag. A jump that is deemed a foul will be made after the contestant lands in the pit after fouling or exits the pit illegally via a call or flag - "foul/no mark" or red flag.

Each athlete will be given three trial attempts. The top 8 qualifiers make it into the finals. If there is a tie for the eighth place, all eighth-place competitors will advance into the finals.

Finals competitors will be reordered from worst to best. A competitor does not have to check in or jump in the finals. Marks from the Trials carry forward.

A competitor may speak with their coach or look at videos at the Coach's Box only. A competitor may not look at videos once they have been called up to compete.



### **Triple Jump Considerations**

The jump sequence is takeoff foot, then landing on takeoff foot ("hop"), then opposite foot ("step") and then landing in the pit ("jump"). Failure to follow this sequence is a foul. If the other foot "drags" during a sequence, that is not a foul.

A competitor may choose to jump from whatever board they prefer. He/She may change the board forward or backwards at any time before their jump, but they must give the official sufficient notice.

### **Multi-event Athletes - checking in/out of field events/abandonment (Rule 3-2-3.o; State Meet Handbook VII-3)**

When checking out from a field event and checking into a running event, a competitor may leave the running holding area after checking in unless there is a specific reason for the Clerk of Course to retain that competitor at the holding area. Whenever an athlete leaves a field event or running holding area, it is the sole responsibility of the athlete and coach to check on lane and flight assignments, start times and timing remaining to complete field event attempts.

If circumstances warrant, the head field event judge may grant a reasonable extension (three to five minutes), but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not available, the trial/attempt will be recorded as a failed trial/attempt.

1. Multiple-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
2. For all horizontal jumps and throws, the check-out time limit is recorded by the head event judge and limited to 10 minutes. When an excused athlete returns, he/she must check back in with the head event judge and
  - Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
  - May inform the head event judge to restart the clock and check-out again without taking a passing trial as long as the event for which the athlete is checking out is still in progress.
  - No checkouts are allowed during the final round of competition.
  - When all competitors present at the event have completed their attempts – not including the last attempt by the leading qualifier – all missing competitors shall be called in order as their approved check-out period tolls. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all attempts by others have been completed, the leading qualifier may take his/her last attempt, and the event ends with places awarded.

### **Designated Coaches' Areas (State Meet Handbook XIII)**

For all Field events, the Coaches' boxes will be clearly marked. Coaches are always to be within the designated areas when/if coaching an athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events or trials.

A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches. Fellow athletes and teammates are not to be considered as coaches for this purpose.

### **Athlete Conduct During a Meet**

- 4-6-1 Unsporting behavior - including but not limited to disrespecting an official, flagrant behavior, intentional contact, taunting, criticism or profanity directed towards an individual (DQ meet).
- 4-6-2 Unacceptable behavior - including but not limited to failure to follow official instructions, using profanity not directed at someone, or any action that could bring discredit (DQ event).

Refer to Case Book pages 34-37 for examples of what happens to marks from that specific event and official results from previous events when a competitor is DQ'd under 4-6-1 and 4-6-2. Basically, the only time a place or points previously earned must be forfeited is if the competitor violates the participation rule. (4-2-1)

## Venue Inspection and Preparation

### Venue (Rule 6-9)

1. The sand should be level with the takeoff board(s), at least 12 inches deep and free of debris.
2. The runway is to be clear and adequate; pit edges are to be clearly defined and safe.
3. Takeoff boards are to be rectangular, smooth, secure, level with the runway, of sound construction (wood or synthetic materials) and slip-resistant. Painted boards are to be clearly and consistently marked.
4. Typical takeoff boards are 8" wide (this is the recommended width, however the width can go up to 24") and between 42" and 48" long.
5. The long jump board is generally positioned 10 feet from the front edge of the pit, however other positions, i.e. 4', 6' and 12', can be designated by the Games Committee especially if the intent is to have the boys and girls jump off of different boards. On hard surfaced runways, a painted line of contrasting color with dimensions similar to the board can be used for take-off.
6. Typical triple jump board markings are 24', 28', 32' and 40' from the foul line to the landing area; some venues offer 26' and 36' as well. The Games Committee will determine specific locations based on the site.
7. Interchangeable and replacement boards are to be firm so as to not adversely affect athlete performance (i.e. do not dampen the "impact" of the jump effort) and fit well enough so as to not accumulate water in the cavity below (which also affects "impact").
8. The width of the pit shall be at least 9 feet and the back of the pit should be (a) a minimum of 23 feet from the front edge of the pit for pits built after 2019 and (b) at least 32 feet from the foul line for older pits.

### Conducting the Event

1. The sand pit should be thoroughly turned and sprayed with water before warmups and competition occurs. The sand should be moist, easily formable, raked and wet enough to make a level, consistent and smooth landing surface where a jumper's imprint will be clear and remain so after exiting the pit.

2. Make sure the pit is as level as possible in the area where the competitors will be landing by smoothing out large depressions and hills in the sand.
3. Store tools safely between trials with rake tines down and shovels upside down.
4. Know the record distance – put a marker by the side of the pit if possible. If a jumper is close to that mark, make sure that measuring device is not moved and/or the sand displaced near the mark until (a) the measurement is read and (b) if a record, the field referee or head field event-judge is called to confirm the mark and reading. (Rule 6-9-7b; Rule 9)
5. Are there provisions for diverting excess water runoff during storms?

### **Interference from or Interfering with Adjoining Events**

1. Check to see if any danger or interference is possible from adjoining events.
2. If your venue is adjacent to the discus venue, make sure that all present are always facing the discus ring in case there are errant discus throws. Athletes should not be allowed to warm up and stretch in the infield during discus warm ups and competition if the location of the discus venue presents any possibility of being a safety issue.
3. Could exiting athletes in your event obstruct other events? Could athletes going to other events interfere with your event?
4. If the outermost part of an athlete's approach to the pit in a field event is on or too close to the running track itself, make sure the curb is removed as necessary, and that no trials are attempted when a race is being run through that area.
5. Be alert to possible problems which can occur when the pole vault and horizontal jump runways and pits are adjacent to each other or any other venue including the track.

## Tools of the Trade

Availability of these tools and who provides them will vary by facility and meet (invitational, championship, etc.). Many officials own and provide many of these tools themselves.

It's a good idea to keep samples of the approved spike type in one's pocket – one can lend them to the competitors for "self-checks".

### Minimum Requirements

Rule Book Knowledge/Rule Book  
 Appropriate Uniform  
 Sun/Rain Protection  
 Clip Board  
 Event Specific Briefing sheet  
 Trial Performance Sheets  
 Stop Watch  
 Measuring tape/device  
 Athletic tape/Sharpie  
 Mark Poker  
 50-foot fiberglass tape (1/4" increments)  
 Towel/broom to clear debris/water  
 Wind Gauge  
 Tools to smooth sand (rakes/shovels/brooms) - rake  
     tines and shovels must always be stored points down

### Additional Tools That Make Your Job Easier

Protective Shroud - protects clipboard from rain  
 Rolling Stand from which to work  
 Small cones to close venue, mark coaches box  
 Pen and/or Pencil; hand held pencil sharpener  
 Flags - Red, White, Yellow  
 Towels - mop up puddles  
 Supply of approved spikes and spike wrench  
 Waterproof Paper - for trial performance sheets  
 100-foot tape so athletes can set their marks  
 Collapsible chair to better see the board

### **Connecting the Measuring Tape to the Mark Poker**

Insert the mark poker into the ring end of the non-stretchable tape measure; the zero point will be at the end of the tape. The mark poker is always outboard side of/away from the zero point.

### **Measuring Techniques**

For jumps, develop a marking technique whereby one places the mark poker so that zero point lines up with the depression or other landing mark in the sand closest to the takeoff board.

For instances where you must hold the mark for a long time (such as when the Head Field Event Judge is called to verify a record measurement), develop a technique where you can brace your arm against your torso so the mark poker doesn't move during this waiting period).

## Typical Briefing for Long and Triple Jump Events

### Safety is the field event official's primary duty!

1. This is the final call for check-in. I show xxxx and yyyy as checked out and zzzz did not check-in. Did I miss anyone? Entry into this event is now closed.
2. Today's Official(s) is (are): \_\_\_\_\_; the most important thing is for everyone to **be safe and to have a fair competition.**
3. Prior to warm up or competition an official must inspect your **uniform and spikes.** Additionally, an official or your coach must be **present during warm up and competition.**
4. You must be in an appropriate uniform (school issued or approved). **Jewelry is allowed, but not recommended.**
5. Competitors will be announced as follows: A is "Up"; B is "On Deck"; and C is "On Hold". Once you are "Up", you will usually have **1 minute** to initiate your attempt. You will be informed if you are allowed a different amount of time.
6. Coaches must be in a designated coaches' box during the competition. Coaches may record your trials and you may review that recording - **EXCEPT** during your trial. **Your trial begins when you are announced as being "UP"** and ends at the completion of your attempt or the expiration of your allowed time for the attempt.
7. If you wish to consult with your coach, you must go to the coaches' box. Yelling back and forth across the track is not acceptable.
8. **Inappropriate language** during the competition will result in **disqualification.**
9. If you wish to compete in **multiple events**, you must **inform** the head official prior to commencement of the competition. You must also **check out and in** when you leave for and return from other events. Check out **time limit is 10 minutes.** You may be offered an opportunity to have a trial out of the normal order. **You may not check out during the final round if you are a finalist.**

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## **HIGH JUMP**

### **(Rule 6-1 thru 6-4)**

**Check with the Meet Director** to determine meet records, starting and successive heights, allowable marking materials, the location of the coaches' box, starting time, warm up time, order in which competitors will take their trials and any special instructions.

**Close the venue** so it can be inspected (refer to **Venue Inspection and Preparation** section following):

- All pits, aprons and equipment shall be checked to insure proper function and compliance to specifications.
- Designated areas must be clearly marked, restricted and controlled for spectators, coaches, athletes who are actively competing and those who are warming up or waiting to compete as well as others who support the event (officials, media, announcers, etc.).
- Visual markers should be provided for all field events to help coaches and spectators see and enjoy marks, jumps and throws.

#### **Crew - who will be assisting you?**

- You should have a minimum of 2 helpers to put up the bar and help with measuring.
- Ideally, you would have another official to call "over the Indicator Line", declare "make" or "miss" on attempts and keep non-competitors out of the competition area.
- Everyone must be instructed as to safe practices – be fully aware of potential risks from adjoining events.

#### **Pre-Event Mark Measurement and Warm-Up (Rule 6-2-6)**

An athlete or coach may set down marks on the apron and run-up area at any time. Athletes may not use the pit for warm-up until the site inspection has been completed and an official is present and permits such activity. At this time, an athlete may get his/her marks by running out from the takeoff point making sure not to impede other athletes.

Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.



A competitor may place two marks with no mark within 2m of the standards. These marks shall be flush to the ground, limited in size to 3" x 6" and may not impede any approaching jumper.

### **Keep Runways Clear/Awareness**

Control the apron and run-up areas during practice and competition. During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron. Do not allow multiple jumpers on the apron or outside the apron on the approach at the same time during competition.

If another event, i.e. throwing, is in progress near your venue, warn the athletes to pay attention when participating and leaving your event. Officials should always stop the event when safety might be compromised.

### **Checking In (Rule 6-2-1; State Meet Handbook VII)**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete. When the athletes are gathered for instructions at the close of the check-in process, the Head Event judge will reconfirm those who have checked out to see if any missing competitors are present to make sure no one was missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

Athletes may check into a field event before First Call if there is an official present at the pit who is prepared to accommodate such early check-in requests. If the early check-in is made to accommodate participation in another event, it is the athlete's responsibility to so inform the field-event official.

Before starting the event, the official will:

- Determine at what height the athletes will be starting and if they will be competing in additional events.
- Try to ascertain which participants are going to be in concurrent or upcoming events and rearrange the order within the flight to have as many of those participants as possible attempt one or more trials early.

## Uniform Inspection

Uniforms and shoes must be inspected.

Check spikes - must be pyramid spikes which do not exceed the allowable length. It's a good idea to keep samples of the approved spike type in one's pocket – one can give them to the competitors for a "self-check".

Jewelry is allowed, but not recommended. Jewelry will be asked to be removed if deemed unsafe or possible to interfere with another competitor.

## Conducting the Competition (Rule 6 – Sections 1, 2 and 4)

It is never appropriate to enter an athlete in a high jump event who has not learned the basic techniques as this is unacceptably unsafe. The official should report this situation to the Referee and they should discuss this with the coach involved.

An **Event Briefing** will be conducted by the Head Event Judge at the end of the Event Check In and all uniforms and spikes have been inspected.

Competitors will be called as follows "AAA is up, BBB on deck and CCC on hold".

Jump attempts will be recorded as: make "0"; miss "X" and pass " - " or "P".

The crossbar shall be raised when all competitors who are present at the pit have completed their trials at that height. The crossbar shall not be lowered during the competition (except as may be required in a jump-off).

**Use of 5-Alive.** The Head Field Event official may from time to time modify the order of contestants listed by the Games Committee to use the "5-Alive" method of organizing jump attempts. When there are nine or more vaulters attempting a height (not total vaulters left in the competition), we may use "5-alive". At that point, only five vaulters will be active at any one time and it will be very important that you listen carefully for the announced rotation of vaulters. Refer to NFHS Rule 6 Field Events Section 2 Article 21 for a full explanation.

## Allowed Time for a Jump Trial

A competitor who has checked out is still deemed a competitor for purposes of determining the allowed time for a trial.

When there are more than three or more athletes competing in a round (including those that have checked out), the competitor has one minute to start the process and carry through to jump completion – usually the official will say something like "AAA – you have one minute to jump".

Two or three remaining in a round get 3 minutes to initiate their jump attempt; those who are taking consecutive jumps get two minutes. A sole remaining competitor gets 5 minutes to initiate their jump attempt.

The event official will use discretion as to allowing time for contestants to review video before calling the next attempt in situations where there are consecutive attempts or there are fewer than three contestants remaining.

### **Calling Make or Miss – Vertical Jumps**

Call or signify (by flag) that a jump is a make ("that is a make" or white flag) after the official has determined that the bar was not displaced from the bar support due to actions by the jumper or the official has determined that the bar was pushed off the bar support by the wind after the jumper has successfully cleared the bar. NOTE: How fast one exits the pit is not a consideration.

Call or signify (by flag) that a jump is a miss ("that is a miss" or red flag) after the bar is displaced, the competitor touches the ground or pit across the Indicator Line below the bar before jumping or otherwise commits a foul (Rule 6-4-14).

### **Touching or inadvertently knocking the high jump bar off the bar support**

It is not a foul if the competitor when approaching the bar to measure his approach touches or knocks the bar off the bar support; if dislodged, the bar must be returned to its original position by the competitor, and the time allotted to complete the attempt is not extended.

It is not a foul if, in the process of exiting the pit after the jump has been ruled a "make", the competitor knocks the bar off or dislodges one of the standards; it is not a foul to exit the pit to the front under the bar once the jump has been ruled fair.

### **Other Considerations**

- If you touch the ground beyond the "plane of the bar" Indicator Line between the standards or an extension of that line outside the standards or touch the pit, that's a miss.
- If the bar is moving, no one besides an official can steady it – if a non-official does touch the bar, that's a miss.
- When a competitor clears a height, the number of consecutive misses goes back to zero.
- After three consecutive misses, a competitor is eliminated from the event unless he/she is involved in a jump-off.
- A competitor may ask to move up in the order as many times as he/she wishes in order to compete in another event.
- A competitor must inform the official that he/she is passing on their next jump before he/she are called or "put on the clock".
- A competitor who first decided to pass a height may change his/her mind and re-enter the competition later at that height; the same rules apply as if he/she had just checked back into the event.

- Any competitor who passes three or more heights is allowed one practice jump without the bar or run-through immediately after the bar is raised to the height at which the contestant will enter the competition before the regular competition resumes. Such competitor shall make at least one attempt at that height.
- A "pass" does not count for anything when considering whether athletes are tied or not.
- No passed heights shall be allowed in tie-breaker jump-offs.
- A competitor may speak to their coach or look at videos at the Coach's Box only. A competitor may not look at videos once they have been called up to compete.

### **Multi-event Athletes - checking in/out of field events/abandonment (Rule 3-2-3.o; State Meet Handbook VII-3)**

When checking out from a field event and checking into a running event, a competitor may leave the running holding area after checking in unless there is a specific reason for the Clerk of Course to retain that competitor at the holding area. Whenever an athlete leaves a field event or running holding area, it is the sole responsibility of the athlete and coach to check on lane and flight assignments, start times and timing remaining to complete field event attempts.

If circumstances warrant, the head field event judge may grant a reasonable extension (three to five minutes), but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not available, the trial/attempt will be recorded as a failed trial/attempt.

1. Multiple-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
2. There is no check-out time limit for the High Jump and Pole Vault. (NOTE: If an athlete has checked out, each missed attempt will be recorded as a pass ("-“ or "P".);
3. When all contestants present at the pit have completed their attempts at a particular height, the bar is raised. The bar height is not held for contestants who have checked out.
4. The excused athlete must check back in with the head event judge to return to the jumping order.
5. During the athlete's approved absence, a "Pass" shall be recorded each time that competitor is called during each round of trials conducted for those competitors who are present. There will be up to three rounds allowed for all competitors including those who are checked out. Once a checked out competitor has returned, they will be allowed up to three rounds of attempts at the height at which the other competitors are presently competing – including any passes which have already been recorded at that height. As an example, if the excused competitor was not present for the first round of trials and a pass was recorded, then the returned competitor would only be allowed 2 attempts at the current height. This assumes that the competitor had cleared the height immediately prior to the

passes. Regardless of the heights and situations involved, 3 consecutive missed attempts result in elimination from the event.

6. No checkouts are allowed during the final round of competition.
7. When all competitors present at the event have completed their attempts, all missing competitors shall be called in order as though they were present. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all missing competitors have been given a chance to initiate an attempt, the event proceeds to the tie-breaker or ends with places awarded.

### **Designated Coaches' Areas (State Meet Handbook XIII)**

For all Field events, the Coaches' boxes will be clearly marked. Coaches are always to be within the designated areas when/if coaching an athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events or trials.

A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches. Fellow athletes and teammates are not to be considered as coaches for this purpose.

### **Athlete Conduct During a Meet**

- 4-6-1 Unsporting behavior - including but not limited to disrespecting an official, flagrant behavior, intentional contact, taunting, criticism or profanity directed towards an individual (DQ meet).
- 4-6-2 Unacceptable behavior - including but not limited to failure to follow official instructions, using profanity not directed at someone, or any action that could bring discredit (DQ event).

Refer to Case Book pages 34-37 for examples of what happens to marks from that specific event and official results from previous events when a competitor is DQ'd under 4-6-1 and 4-6-2. Basically, the only time a place or points previously earned must be forfeited is if the competitor violates the participation rule. (4-2-1)

## Venue Inspection and Preparation

### Venue (Rule 6-4)

1. Officials should arrive at least 1 hour before the start of the event as there is a lot to do to properly prepare the pit.
2. Measure the pit pads to ensure they are at least minimum size required by rule (8 feet deep x 16 feet wide - Rule 6-4-3).
3. Check that the overall run up area to the primary takeoff area is relatively flat, the transition between run up and takeoff area is manageable, there are no obstacles which would interfere with a competitor's approach and the surface is consistent without undue pock marks, bubbling and depressions.
4. If there are places where water tends to stand, the pits should be moved to minimize such an impact on the competition. "Local knowledge" is critical in these situations.

### Conducting the Event

1. Make sure the pit pads are tied together and covered with one common full size landing pad connected securely to the pit pads below.
2. Pit pad supports or foundation platforms must not protrude outside the pit pads unless the protruding areas are covered by at least 2" of dense foam or other suitable protection material.
3. Check that the bases of the standards can be placed clear of the pit pads, and the support platforms are far enough away from the leading edge of the pit pads so a jumper would not hit the pit pad in the process of jumping. The standards should be able to be placed far enough apart so there is  $\frac{1}{2}$ " clearance between each end of the bar and its corresponding vertical standard. The position of the standards should be clearly marked so that they can be repositioned should they be displaced during competition.
4. Using a small level, check that the bar support platforms are flat and positioned in the same direction as the bar. Similarly, determine that the vertical standards are plumb; if they are not plumb, can the levelling screws at the base of the standard be adjusted so the standards become plumb? If the equipment does not meet these requirements, better equipment must be utilized.
5. The nonmetal crossbar must be between 12'0 and 14'10" in length. Check all bars including backups before the meet starts to see which direction the deflection occurs, measure how severe the deflection is by hanging the bar between two hurdles, and mark the exact middle with an arrow pointing up away from the deflection on the outboard side (away from the pit) of the bar. A deflection of .787 in (2cm) or less is desirable, however there is no specific rule to that effect. Bar heights are always measured at the top part of the bar immediately above the upwards arrow.

6. Measure the top of the bar at each end where the ends rest on the bar support platforms to make sure the height indicators on the standards are calibrated.
7. When the bar has been properly positioned, mark each crossbar end and the bar surface immediately adjacent to the crossbar end with a single line. After each jump when replacing the bar, make sure these lines at each end line up exactly and that there is at least  $\frac{1}{2}$ " between each end of the bar and the vertical standard.
8. Indicator Line: Using a plumb bob, mark a line directly below the outboard edge of the bar; this line marks the bottom edge of the "plane of the bar". Alternatively, lay the bar between the bases of the standards and physically mark the outside edge of the bar. Determine the midpoint of the Indicator Line and put a mark or thumbtack - this is the point from which you measure up to determine bar height.
9. The competitor may place two marks with no mark within 2m of the standards. These marks shall be flush to the ground, not impede any approaching jumper and limited to 3" x 6" (7cm x 15cm) in size each. After warm-ups but before the competition begins, the official may ask the competitors to identify their own two marks and then remove all other unclaimed marks.

### **Interference from or Interfering with Adjoining Events**

1. Check to see if any danger or interference is possible from adjoining events.
2. If your venue is adjacent to the discus venue, make sure that all present are always facing the discus ring in case there are errant discus throws. Athletes should not be allowed to warm up and stretch in the infield during discus warm ups and competition if the location of the discus venue presents any possibility of being a safety issue.
3. Could exiting athletes in your area obstruct other events? Could athletes going to other events interfere with your event?
4. If the outermost part of an athlete's approach to the pit of in a field event is on or too close to the running track itself, make sure the curb is removed as necessary, and that no trials are attempted when a race is being run through that area.

## Tools of the Trade

Availability of these tools and who provides them will vary by facility and meet (invitational, championship, etc.). Many officials try to own and provide many of these tools themselves.

It's a good idea to keep samples of the approved spike type in one's pocket – one can lend them to the competitors for a “self-checks”.

### Minimum Requirements

Rule Book Knowledge/Rule Book  
Appropriate Uniform  
Sun/Rain Protection  
Clip Board  
Event Specific Briefing sheet  
Trial Performance Sheets  
Stop Watch  
Measuring tape/device  
Athletic tape/Sharpie  
Steel tape (1/4" increments) at least  
8 feet long  
Adhesive tape/thumb tacks/chalk  
Towel/broom to clear debris/water

### Additional Tools That Make Your Job Easier

Protective Shroud - protects clipboard from rain  
Rolling Stand from which to work  
Small cones to close venue, mark coaches box  
Pen and/or Pencil; hand held pencil sharpener  
Flags - Red, White, Yellow  
Towels - mop up puddles  
Supply of approved spikes and spike wrench  
Waterproof Paper - for trial performance sheets  
100-foot tape so athletes can set their marks  
Channel lock pliers to grasp hard-to-move  
bar ends  
Small level/plumb bob  
Fender washers for mark placement outside the  
apron  
Warm up bungee (approved manufacturer)  
Small tools kit (wrenches/pliers/screwdriver for  
repair of standards)



## Typical High Jump Briefing

### Safety is the field event official's primary duty!

1. This is the final call for check-in; I show xxxx and yyyy as checked out - and zzzz did not check in. Did I miss anyone? Entry into this event is now closed.
2. Today's Official(s) is (are): \_\_\_\_\_; the most important thing is for everyone to **be safe and to have a fair competition.**
3. Prior to warm up or competition an official must inspect your **uniform and spikes.** Additionally, an official or your coach must be **present during warm up and competition.**
4. Coaches must be in a designated coaches' box during the competition. Coaches may record your trials and you may review that recording - EXCEPT during your trial. **Your trial begins when you are announced as being "UP"** and ends at the completion of your attempt or the expiration of your allowed time for the attempt.
5. If you wish to consult with your coach, you must go to the coaches' box. Yelling back and forth across the track is not acceptable.
6. You must be in an appropriate uniform (school issued or approved). **Jewelry is allowed, but not recommended.**
7. **Inappropriate language** during the competition will result in **disqualification.**
8. If you wish to compete in **multiple events**, you must **inform** the head official prior to commencement of the competition. You must also **check out and in** when you leave and return from other events. If you are **not present** when your turn is called, you will be marked as a **pass.** The bar might be raised while you are gone and will not be lowered.
9. **Use of 5-Alive.** The Head Field Event official may from time to time modify the order of contestants listed by the Games Committee to use the "5-Alive" method of organizing jump attempts. When there are nine or more competitors attempting a height (not total competitors left in the competition), we may use "5-alive". If we do, only five vaulters will be active at any one time and it will be very important that you listen carefully for the announced rotation of vaulters.
10. You must inform the head official of your starting height. If you have **passed three consecutive heights** prior to entering the competition, you will be permitted one warm-up jump at the height change without the crossbar in place. The competitor must take at least one jump at that height.
11. If you **wish to pass an attempt or a height** after you have started competing, you must so inform the official before you have been called or it will count as a **failed attempt.**
12. Competitors will be announced as follows: A is "Up"; B is "On Deck"; and C is "On Hold". Once you are "Up", you will usually have **1 minute** to initiate your attempt. You will be informed if you are allowed a different amount of time.
13. Three consecutive misses and you are out. You touch the ground or pit past the Indicator Line and that is a miss.

## **POLE VAULT**

### **(Rule 6-1 thru 6-3; 6-5)**

Pole Vault is potentially the most dangerous field event and can be technically challenging for athletes, coaches and officials. It is never appropriate to enter an athlete in a pole vault event who has not learned the basic techniques as this is unacceptably unsafe. The official should report this situation to the referee and they should discuss this with the coach involved.

**Check with the Meet Director** to determine meet records, starting and successive heights, allowable marking materials, the location of the coaches' box, starting time, warm up time, order in which competitors will take their trials and any special instructions.

**Close the venue** so it can be inspected (refer to **Venue Inspection and Preparation** section following):

- All runways, pits and equipment shall be checked to insure proper function and compliance to specifications.
- Designated areas must be clearly marked, restricted and controlled for spectators, coaches, athletes who are actively competing and those who are warming up or waiting to compete as well as others who support the event (officials, media, announcers, etc.).
- Visual markers should be provided for all field events to help coaches and spectators see and enjoy marks, jumps and throws.

### **Crew - who will be assisting you?**

- The minimum crew for a championship meet should include a Flight Coordinator (usually the Head Event Judge), a Pit Boss (an official), two volunteers to assist with moving standards and raising the bar and a third volunteer to catch poles.

### **Pole inspection (Rule 3-10-1; Rule 6-5-articles 2 thru 5)**

The primary things that should be inspected are:

- Instruct competitors to bring every pole for inspection that they might use during the competition.
- The bung must be in place and in useable condition.
- Assure that the required manufacturer weight and hand hold limitations clearly visible and readable?
- Assure that the tape that has been applied to the pole is legal (no rings of tape rolled up on itself or flags indicating ripped tape pieces).
- Each competitor must confirm (without revealing their specific weight) that he/she weighs less than the smallest weight that is listed on any of their poles.

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g. Pole Vault verification forms (attached) must be signed by the coach, athletic director, and principal, certifying that the equipment and the vaulter are in compliance with Rule 6-5-3 of the NFHS Rules Book.

h. Pole Vault participants (on request) must allow an official to certify the accuracy and appropriateness of the equipment each vaulter will be using.

**Pre-Event Mark Measurement and Warm-Up (Rule 6-2-6)**

An athlete or coach may set down marks outside the runway at any time. Athletes may not use the runway for warm-up until the site inspection has been completed and an official is present and permits such activity. Athletes may not get his/her marks by running out from the takeoff point at any time during warmups or competition.

Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.

**Keep Runways Clear/Awareness**

Control the runway during practice and competition. During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway. Do not allow multiple vaulters on the runway at the same time. During the warm-up times and actual competition, athletes are not allowed to use the runway to run away from the pit or mat to set their marks.

If another event, i.e. throwing, is in progress near your venue, warn the athletes to pay attention when participating and leaving your event. Officials should always stop the event when safety might be compromised.

**Checking In (Rule 6-2-1; State Meet Handbook VII)**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete. When the athletes are gathered for instructions at the close of the check-in process, the Head Event judge will reconfirm those who have checked out to see if any missing competitors are present to make sure no one was missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

Athletes may check into a field event before First Call if there is an official present at the pit who is prepared to accommodate such early check-in requests. If the early check-in is made to accommodate participation in another event, it is the athlete's responsibility to so inform the field-event official.

Before starting the event, the official will:

- Determine that all athlete weight verification forms are on file.
- Determine the competitor's starting height and standard position.
- Ascertain which participants are going to be in concurrent or upcoming events and rearrange the order within the flight to have as many of those participants as possible attempt one or more trials early.

### **Uniform Inspection**

Uniforms and shoes must be inspected.

Check spikes - must be pyramid spikes which do not exceed the allowable length.

Jewelry is allowed, but not recommended. Jewelry will be asked to be removed if deemed unsafe or possible to interfere with another competitor.

### **Conducting the Competition (Rule 6 – Sections 1, 2, 3 and 5)**

An **Event Briefing** will be conducted by the Head Event Judge at the end of the Event Check In and all uniforms have been inspected.

Taping of any part of the hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Officials can request the removal of tape to confirm that an open wound exists and direct the athlete to the trainer for subsequent re-taping if necessary. Taping of the wrist is permissible. Gloves are not permitted, however use of a forearm cover to prevent injuries is permitted (6-5-19).

The competitors will be called up as follows "AAA is up, BBB on deck and CCC on hold".

Jump attempts will be recorded as: Make "0"; Miss "X" and Pass " - " or "P".

The crossbar shall be raised when all competitors who are present at the pit have completed their trials at that height. The crossbar shall not be lowered during the competition (except as may be required in a jump-off).

**Use of 5-Alive.** The Head Field Event official may from time to time modify the order of contestants listed by the Games Committee to use the "5-Alive" method of organizing jump

attempts. When there are nine or more vaulters attempting a height (not total vaulters left in the competition), we may use “5-alive”. If we do, only five vaulters will be active at any one time and it will be very important that you listen carefully for the announced rotation of vaulters. Refer to NFHS Rule 6 Field Events Section 2 Article 21 for a full explanation.

### **Allowed Time for a Jump Trial**

A competitor who has checked out is still deemed a competitor for purposes of determining the allowed time for a trial.

When there are three or more athletes competing in a round (including those that have checked out), the competitor has one minute to initiate the purposeful action of completing the requirements of the athletic challenge – usually the official will say something like “AAA – you have one minute to jump”. Two or three remaining in a round have 3 minutes to initiate their jump attempt; those who are taking consecutive jumps (at the same height) have three minutes. A sole remaining competitor has 5 minutes to initiate their jump attempt.

The event official will use discretion as to allowing time for contestants to review video before calling the next attempt in situations where there are consecutive attempts or there are fewer than three contestants remaining.

### **Calling Make or Miss – Vertical Jumps**

Call or signify (by flag) that a jump is a make (“that is a make” or white flag) after the official has determined that the bar was not displaced from the bar support due to actions by the jumper or the official has determined that the bar was pushed off the bar support by the wind after the jumper has successfully cleared the bar. NOTE: How fast one exits the pit is not a consideration.

Call or signify (by flag) that a jump is a miss (“that is a miss” or red flag) after the bar is displaced or a foul is committed.

### **Other Considerations (See Rule 6-5-27 for additional details)**

- If the bar is displaced by either you or the pole, you or the pole touch the ground or landing pit beyond the zero line or leave the ground in an attempt and do not clear, that’s a miss. If momentum causes a vaulter to leave the ground in an aborted attempt, that is not a miss.
- If the bar is moving, no one besides an official can steady it – if a non-official does touch the bar, that’s a miss.
- When you make a height, the number of consecutive misses goes back to zero.
- After three consecutive misses, a competitor is eliminated from the event unless you are involved in a jump-off.
- A competitor may ask to move up in the order as many times as they wish in order to compete in another event.
- A competitor must inform the official that they are passing on their next jump before they are called or “put on the clock”.

- A competitor who first decided to pass a height may change his/her mind and re-enter the competition later at that height; the same rules apply as if he had just checked back into the event.
- Athletes who pass three or more heights in the pole vault and have not attempted a jump are permitted two minutes of warmup jumps for each competitor entering at that height without the crossbar or bungee in place. These competitor(s) shall each make at least one attempt at that height.
- A "pass" does not count for anything when considering whether athletes are tied or not.
- **No passed heights shall be allowed in tie-breaker jump-offs.**
- A competitor may speak to their coach or look at videos at the Coach's Box only. A competitor may not look at videos once they have been called up to compete.

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If circumstances warrant, the head field event judge may grant a reasonable extension (three to five minutes), but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not available, the trial/attempt will be recorded as a failed trial/attempt.

1. Multiple-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
2. There is no check-out time limit for the High Jump and Pole Vault. (NOTE: If an athlete has checked out, each missed attempt (absence) will be recorded as a pass ("- " or "P").
3. When all contestants present at the pit have completed their attempts at a particular height, the bar is raised. The bar height is not held for contestants who have checked out.
4. The excused athlete must check back in with the head event judge to return to the jumping order.
5. "During the athlete's approved absence, a "Pass" shall be recorded each time that competitor is called during each round of trials conducted for those competitors who are present. There will be up to three rounds allowed for all competitors including those who are checked out. Once a checked out competitor has returned, they will be allowed up to three rounds of attempts at the height at which the other competitors are presently competing – including any passes which have already been recorded at that height. As an example, if the excused competitor

was not present for the first round of trials and a pass was recorded, then the returned competitor would only be allowed 2 attempts at the current height. This assumes that the competitor had cleared the height immediately prior to the passes. Regardless of the heights and situations involved, 3 consecutive missed attempts result in elimination from the event.

6. No checkouts are allowed during the final round of competition.
7. When all competitors present at the event have completed their attempts, all missing competitors shall be called in order as though they were present. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all missing competitors have been given a chance to initiate an attempt, the event proceeds to the tie-breaker or ends with places awarded.

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A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches. Fellow athletes and teammates are not to be considered as coaches for this purpose.

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- 4-6-2 Unacceptable behavior - including but not limited to failure to follow official instructions, using profanity not directed at someone, or any action that could bring discredit (DQ event).

Refer to Case Book pages 34-37 for examples of what happens to marks from that specific event and official results from previous events when a competitor is DQ'd under 4-6-1 and 4-6-2. Basically, the only time a place or points previously earned must be forfeited is if the competitor violates the participation rule. (4-2-1)

## Venue Inspection and Preparation

### Venue (Rule 6-5)

1. Officials should arrive at least 1 hour (if unfamiliar with the pit you will need more than 1 hour) before the start of the event. There is a lot to do to properly prepare the pit. **The very first thing you should do is to close the pit (a traffic cone is one option).**
2. Quickly check that the pole vault pit is at least minimum size required by rule (19 feet 8 inches by 20 feet 2 inches – Rule 6-5 Art 7-10). Is there a legal pole vault plant box collar as described in Rule 6-5-14? If not, **DO NOT CONDUCT EVENT!**
3. Check for the correct placement of standards and padding.
4. Do standards meet specifications outlined in rules including wind-overturn and sideways impact from a competitor; Rule 6-5-10 does not specifically address this point, however it is the overall responsibility of the event officials to provide as safe an environment as possible.
5. Check that the runway is clear and adequate – check for debris and holes.

### Conducting the Event

1. First determine and mark the zero line (top of the plant box and extended at least as far as where the standards will be placed (approximately 10 feet on each side). Some venues do not have the zero line marked, it will need to be established and marked by the Head Event Judge.
2. Then re-measure the pit pads to ensure that they are at least 19'8" wide at the back of the pads and 16'5" from the zero line to the back of the pit. Additionally, the buns should extend at least 3'9" in front of the zero line. Further, pads should protect the athlete from the base of the standards and there should be an approved plant box collar (Rule 6-15-14). There should be a one-piece pad covering the top of the pit.
3. Establish proper placement of the standards so that they move smoothly from the zero line to 31.5 inches away from the plant box and that they are sufficiently apart (between 13'8" and 14'8") to allow proper placement of the crossbar. **MARK THEIR POSITION** so that they can easily be replaced if they get moved during the completion.
4. Place the crossbar on the lowest possible height and determine if the crossbar is level. You may need to make adjustments to the standards or factor in a correction for ground that is not level.
5. The nonmetal crossbar must be between 14' 8" and 14' 10" in length with a diameter of 1-3/16" (30 mm). Check all bars including backups before the meet starts to see which direction the deflection occurs, measure how severe the deflection is by hanging the bars between two hurdles, and mark the exact middle of each bar with an arrow pointing up away from the deflection on the outboard side (away from the pit) of the bar. A deflection of 1.18" (3cm) or less is desirable however there is no specific rule to that effect; bar heights are always measured at the top part of the bar immediately above the upwards arrow.



6. Mark the cross bar so that it is always positioned in the same orientation for every attempt. Measure its height and compare that with the indicated height on the standard.
7. Inspect the standards. Ensure that the pins are legal in size and placement and smooth and undamaged. Using a level, ensure that the standards are upright. This ensures that the pins will remain at the correct height and distance apart as the height and distance from the zero line are adjusted during competition. Ensure that the standards are adjustable and accurately indicate height. Check any extensions that will be used, ensure that they are in good repair and accurate.
8. Inspect the box. Make sure it is clean and dry and that the pads have been properly placed around it, i.e. no more than 3 inches away and don't interfere with the movement of a bending pole.
9. Determine how you will raise the bar once it is above your reach.
10. Check the runway (minimum of 130 feet) for marks. The Games Committee may dictate types of marks allowed by athlete, but some permanent marks are allowed (see Rule 6-5-18).
11. The pit and runway are now ready for warm ups and competition, but **should remain closed until the athletes and poles have been inspected and the games committee has indicated that the event may begin.**

### **Interference from or Interfering with Adjoining Events**

1. Check to see if any danger or interference is possible from adjoining events.
2. If your venue is adjacent to the discus venue, make sure that all present are always facing the discus ring in case there are errant discus throws. Athletes should not be allowed to warm up and stretch in the infield during discus warm ups and competition if the location of the discus venue presents any possibility of being a safety issue.
3. Could exiting athletes in your event obstruct other events? Could athletes going to other events interfere with your event?
4. If the outermost part of an athlete's approach to the pit in a field event is on or too close to the running track itself, make sure the curb is removed as necessary, and that no trials are attempted when a race is being run through that area.
5. Be alert to possible problems which can occur when the pole vault and horizontal jump runways and pits are adjacent to each other or any other venue including the track.
6. Be aware of the possibility of falling crossbars, athletes or poles interfering with other events as well as the presence of the Pole Vault crew conducting their duties.

## Tools of the Trade

Availability of these tools and who provides them will vary by facility and meet (invitational, championship, etc.). Many officials try to own and provide many of these tools themselves.

It's a good idea to keep samples of the approved spike type in one's pocket – one can lend them to the competitors for a "self-checks".

### Minimum Requirements

Rule Book Knowledge/Rule Book  
Appropriate Uniform  
Sun/Rain Protection  
Clip Board  
    Event Specific Briefing sheet  
Trial Performance Sheets  
Stop Watch  
Measuring tape/device  
Athletic tape/Sharpie  
Steel tape (1/4" increments) at least  
    20 feet long  
Adhesive tape/chalk  
Method to measure for records  
Method to raise crossbar  
Method to remove debris/water from  
    plant box

### Additional Tools That Make Your Job Easier

Protective Shroud - protects clipboard from rain  
Rolling Stand from which to work  
Small cones to close venue, mark coaches box  
Pen and/or Pencil; hand held pencil sharpener  
    Flags - Red, White, Yellow  
Towels - mop up puddles  
Supply of approved spikes and spike wrench  
Waterproof Paper - for trial performance sheets  
100-foot tape so athletes can set their marks  
Warm up bungee (approved manufacturer)  
Small level/plumb bob  
Small tools kit (wrenches/pliers/screwdriver for  
    repair of standards)  
Certified Scientific Measuring Device, i.e.laser, with  
    extra batteries

## Typical Pole Vaulting Briefing

### Safety is the field event official's primary duty!

1. This is the final call for check-in; I show xxxx and yyyy as checked out - and zzzz did not check in. Did I miss anyone? Entry into this event is now closed.
2. Today's Official(s) is (are): \_\_\_\_\_; the most important thing is for everyone to **be safe and to have a fair competition**.
3. Prior to warm up or competition an official must inspect your **pole, uniform, hands and spikes**. Additionally, an official or your coach must be **present during warm up and competition**.
4. Coaches must be in a designated coaches' box during the competition. Coaches may record your trials and you may review that recording - EXCEPT during your trial. **Your trial begins when you are announced as being "UP"** and ends at the completion of your attempt or the expiration of your allowed time for the attempt.
5. If you wish to consult with your coach, you must go to the coaches' box. Yelling back and forth across the track is not acceptable.
6. You must be in an appropriate uniform (school issued or approved). **Jewelry is allowed, but not recommended**. Tape, pads, bandages, etc. must be discussed with and inspected by an official.
7. **Inappropriate language** during the competition will result in **disqualification**.
8. If you wish to compete in **multiple events**, you must **inform** the head official prior to commencement of the competition. You must also **check out and in** when you leave and return from other events. If you are **not present** when your turn is called, you will be marked as a **pass**. The bar might be raised while you are gone and will not be lowered.
9. **Use of 5-Alive.** The Head Field Event official may from time to time modify the order of contestants listed by the Games Committee to use the "5-Alive" method of organizing jump attempts. When there are nine or more vaulters attempting a height (not total vaulters left in the competition), we may use "5-alive". If we do, only five vaulters will be active at any one time and it will be very important that you listen carefully for the announced rotation of vaulters.
10. You must inform the head official of your starting height and the placement of the standards. If you wish to change the placement of the standards, tell the official before you are called or the time required to make the change will be part of your allotted time for an attempt. If you have **passed three consecutive heights** prior to entering the competition, you will be allowed up to 2 minutes at the height change to warm up (without the crossbar). The competitor must take at least one jump at that height.
11. If you **wish to pass an attempt or a height** after you have started competing, you must so inform the official before you have been called or it will count as a **failed attempt**.
12. No one may touch the pole except the designated pole catcher who will be assigned by the head official.
13. Competitors will be announced as follows: A is "Up"; B is "On Deck"; and C is "On Hold". Once you are "Up", you will usually have **1 minute** to initiate your attempt. You will be informed if you are allowed a different amount of time.
14. Three consecutive misses and you are out. If you or your pole touch the ground or pit past the zero line (back of the box), that is a miss.

## **DISCUS**

**(Rule 6-1 thru 6-3; 6-6)**

Discus can be **extremely dangerous** to competitors, spectators and officials. For this reason, officials must be very diligent about ensuring the venue is set up with safety in mind and to conduct the event in a safe manner. Officials should arrive at least 1 hour prior to the start of the event.

**Check with the Meet Director** to determine meet records, location of the coaches' box, earliest time the ring is open for approved usage, starting time, warm up time or number of throws, order in which competitors will take their trials and any special instructions.

**Close the venue** so it can be inspected (refer to **Venue Inspection and Preparation** section following):

- Throwing areas and equipment shall be checked to insure proper function and compliance to specifications.
- Designated areas must be clearly marked, restricted and controlled for spectators, coaches, athletes who are actively competing and those who are warming up or waiting to compete as well as others who support the event (officials, media, announcers, etc.).
- Visual markers should be provided for all field events to help coaches and spectators see and enjoy marks, jumps and throws.

### **Crew - who will be assisting you?**

- You should have a minimum of 1 marker, 1 tape puller (or laser operator) and one retriever. If available, you should have 2 markers and 2 retrievers.
- Markers should be officials. You can utilize focused volunteers to keep non-participants out of competition areas and to retrieve (not throw back) the implements.
- Everyone must be instructed as to safe practices – i.e. always facing the competitor and never throwing or rolling the implement.

### **Implement Inspection**

Only certified implements may be used in competition. Certification will be available to any athlete up until one hour prior to the start of the event. Once an implement is certified, it is impounded until competition begins and all certified implements are not obligated to be shared.

**Discus Specifications**

- Boys 1.6 kg (3.527 lb.); min. diameter 209 mm (8.228 "); max. diameter 211 mm (8.307"). Additional size and shape specifications apply. (6-6-1 & 2)
- Girls 1.0 kg (2.205 lb.); min. diameter 180 mm (7.087"); max. diameter 182 mm (7.165"). Additional size and shape specifications apply. (6-6-1 & 2)

NOTE: An overweight implement regardless of dimensions or weight is never legal and no illegal or uncertified implement may be used for practice, warmup or competition. Penalty for using such implement is disqualification from the event. While a rubber discus may be legal at the beginning of competition, they are often damaged during competition.

If there is no implement inspector, the Field Referee may assume or delegate those duties to the head event judge (3-10-1). The discus must be measured, inspected for dents, sharp edges, etc. and weighed (rule 6-6-1&2).

Any implement damaged during competition must be removed from use (6.2.10).

**Open Circle and Cage for Warm-Up (Rule 6-2-6)**

Once the site inspection has been completed, you can "open the ring for warm-ups". An athlete is cleared to warm-up once implement verifications have been completed, and an official or a coach is present at the venue.

Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten- minute warm- up period between flights.

**Checking In (Rule 6-2-1; State Meet Handbook VII)**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete. When the athletes are gathered for instructions at the close of the check-in process, the Head Event judge will reconfirm those who have checked out to see if any missing competitors are present to make sure no one was missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

Athletes may check into a field event before First Call if there is an official present at the pit or circle who is prepared to accommodate such early check-in requests. If the early check-in is made to accommodate participation in another event, it is the athlete's responsibility to so inform the field-event official.

## Uniform Inspection

Uniforms, hands and shoes must be inspected.

Jewelry is allowed, but not recommended. Jewelry will be asked to be removed if deemed unsafe or possible to interfere with another competitor.

## Conducting the Competition (Rule 6 – Sections 1, 2 and 6)

An **Event Briefing** will be conducted by the Head Event Judge at the end of the Event Check In and all uniforms have been inspected.

It is suggested that all competitors have the same number of warm up throws, and that they take those throws in the order that they will throw in the preliminary rounds.

Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Officials can request the removal of tape to confirm that an open wound exists and direct the athlete to the trainer for subsequent re-taping if necessary. Taping of the wrist is acceptable. Gloves are not allowed. A support belt is allowed (6-6-7).

## The Throw and Measurement

After entering the throwing circle and prior to the actual throw the competitor **must pause (start the throw from a stationary position)**.

In order for the attempt to be fair, the **COMPETITOR** must:

- Initiate the trial prior to the expiration of allowed time.
- Remain in the circle until the implement has landed.
- Exit the circle by the back half of the circle.
- Not touch any surface outside of the circle during the trial.
- The implement must land completely within the sector lines.

In order for the attempt to be fair, the **IMPLEMENT** must:

- Land within the sector; the inside of the line defines the sector.
- **NOTE:** An implement that hits the cage and/or an object outside of the sector before landing within the sector is a foul.

**All throws which land in the sector will be marked with flags (if available). The head event judge will indicate whether or not the throw will be measured.** If measured, the zero end of the tape will be held at the marked position and pulled through the center of the circle. The judge who is reading will read from the inside edge of the circle (rounding down to the lesser nearest inch). Foul throws are not measured, but counted as trials. Each competitor will throw in the order determined by the games committee until three rounds have been completed. The top 8 qualifiers make it into the finals. If there is a tie for the eighth place, all eighth-place competitors

will advance into the finals, and the order of competition shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order. Each competitor's best mark (preliminary or final round) shall be used to determine final placement.

### **Multi-event Athletes - checking in/out of field events/abandonment (Rule 3-2-3.o; State Meet Handbook VII-3)**

When checking out from a field event and checking into a running event, a competitor may leave the running holding area after checking in unless there is a specific reason for the Clerk of Course to retain that competitor at the holding area. Whenever an athlete leaves a field event or running holding area, it is the sole responsibility of the athlete and coach to check on lane and flight assignments, start times and timing remaining to complete field event attempts.

If circumstances warrant, the head field event judge may grant a reasonable extension (three to five minutes), but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not available, the trial/attempt will be recorded as a failed trial/attempt.

1. Multiple-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
2. For all horizontal jumps and throws, the check-out time limit is recorded by the head event judge and limited to 10 minutes. When an excused athlete returns, he/she must check back in with the head event judge and
  - Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
  - May inform the head event judge to restart the clock and check-out again without taking a passing trial as long as the event for which the athlete is checking out is still in progress.
  - No checkouts are allowed during the final round of competition.
  - When all competitors present at the event have completed their attempts – not including the last attempt by the leading qualifier – all missing competitors shall be called in order as their approved check-out period tolls. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all attempts by others have been completed, the leading qualifier may take his/her last attempt, and the event ends with places awarded.

### **Designated Coaches' Areas (State Meet Handbook XIII)**

For all Field events, the Coaches' boxes will be clearly marked. Coaches are always to be within the designated areas when/if coaching an athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events or trials.

A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches. Fellow athletes and teammates are not to be considered as coaches for this purpose.

### **Athlete Conduct During a Meet**

4-6-1 Unsporting behavior - including but not limited to disrespecting an official, flagrant behavior, intentional contact, taunting, criticism or profanity directed towards an individual (DQ meet).

4-6-2 Unacceptable behavior - including but not limited to failure to follow official instructions, using profanity not directed at someone, or any action that could bring discredit (DQ event).

Refer to Case Book pages 34-37 for examples of what happens to marks from that specific event and official results from previous events when a competitor is DQ'd under 4-6-1 and 4-6-2. Basically, the only time a place or points previously earned must be forfeited is if the competitor violates the participation rule. (4-2-1)



## Venue Inspection and Preparation

Discus can be **extremely dangerous** to competitors, spectators and officials. For this reason, officials must be very diligent about ensuring the venue is set up with safety in mind and to conduct the event in a safe manner. Officials should arrive at least 1 hour prior to the start of the event. The first thing to be done is to **close the venue**.

### Venue (Rule 6-6)

1. Clear the area of debris.
2. Ensure that the circle is level and 8 feet, 2-1/2 inches in diameter. The diameter should be marked with a metal, wood or plastic band which shall be no more than 3/4 inches above the level of the circle, or if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches wide may be substituted for the band. The inside edge of the line or band is the limit of the throwing circle.
3. You should determine and mark the center of the circle (4 feet, 1-1/4 inches in every direction from the band or line).
4. The sector should be 34.92 degrees. This can be checked by measuring a convenient distance from the center of the circle along one of the sector lines (20 feet as an example). Mark that spot. Then measure the same distance down the other sector line and mark that spot. Measure the distance between the two marks you have made on the sector lines. It should be 60% as long as the distance you measured down the sector (12 feet in the example). Refer also to Appendix B of the 2020 Track and Field and Cross Country Rule Book.
5. Projecting lines (outside of the circle) should indicate the front and back halves of the circle. These lines shall be perpendicular to the axis of the sector lines, 2 inches wide by 8 inches long and lie on the diameter extended and outside the circumference.
6. A protective cage is required. For either portable or permanent installations, it is recommended that the discus cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back ("fencing"). There must be a rear to the cage as well as sides that extend forward at least to the front of the ring and preferably several feet beyond the front of the ring. The ends of the cage (wing/gate pole) or corner post should be within 4 to 5 feet of the sector lines. Additional recommendations include a height of at least 10 feet (13 to 14 feet is recommended) and the front opening of 20 to 24 feet measured across the center of the circle. The net should be 10 to 11 feet from the center of the circle. **See Appendix A in 2020 Track and Field and Cross Country Rule Book.**
7. Ensure that the throwing area (at least 20 feet larger than the area within the sector lines) is cordoned off with flags, ropes, and/or fencing. An optimal additional safety measure would be the presence of focused volunteer marshals.
8. Determine where safe and appropriate areas are for spectators, waiting athletes, implements and coaches' boxes.
9. The venue is now ready for warm ups and competition, but should **remain closed** until the athletes and discuses have been inspected, and the Head Event Judge has indicated that the event may begin.

## **Conducting the Event**

1. After inspection by the inspector of implements, all implements (both legal and illegal) are to be stored in a designated area before, during and after the event. Identify this area.
2. Make sure the general area is adequately marked with fencing, flags, roping, etc. to separate participants and non-participants at the event with safety the primary goal.
3. Are adjacent areas protected from stray implements, i.e. the adjacent area not in use during event or far enough away so as not to be a concern? Is the field event venue far enough from the running track to ensure safety of all participants?
4. Are officials trained in and enforce safe practices for warm-ups and competition?
5. Has media been given adequate instruction in safe practices?
6. Does venue have adequate equipment (measuring tapes, lasers, markers, brooms, towels, etc.)?
7. Know the record distance – put a marker by the side of the sector if possible. If a throw is close to that mark, make sure that the mark (flag) is not moved until (a) the measurement is read and (b) if believed to be a record, the field referee or head field event-judge is called to confirm the mark and reading. (Rule 6-7-10 & 11; Rule 9)

## **Interference from or Interfering with Adjoining Events**

1. Check to see if any danger or interference is possible from adjoining events.
2. Anytime another venue is adjacent to the discus venue, make sure that all present in both areas are always facing the discus ring in case there are errant discus throws. Athletes should not be allowed to warm up and stretch in the infield during discus warm ups and competition if the location of the discus venue presents any possibility of being a safety issue.
3. Could exiting athletes in your event obstruct other events? Could athletes going to other events interfere with your event.

## Tools of the Trade

Availability of these tools and who provides them will vary by facility and meet (invitational, championship, etc.). Many officials own and provide many of these tools themselves.

### Minimum Requirements

Rule Book Knowledge/Rule Book  
 Appropriate Uniform  
 Sun/Rain Protection  
 Clip Board  
 Event Specific Briefing sheet  
 Trial Performance Sheets  
 Stop Watch  
 Measuring tape/device  
 Athletic tape/Sharpie  
 200-foot fiberglass tape (1" increments) for Discus  
 Mark Poker  
 Towel/broom to clear debris/water

### Additional Tools That Make Your Job Easier

Protective Shroud-protects clipboard from rain  
 Rolling Stand from which to work  
 Small cones to close venue, mark coaches box  
 Pen and/or Pencil; hand held pencil sharpener  
 Flags - Red, White, Yellow  
 Towels - mop up puddles  
 Supply of approved spikes and spike wrench  
 Waterproof Paper - for trial performance sheets

## Connecting the Measuring Tape to the Mark Poker

Insert the mark poker into the ring end of the non-stretchable tape measure; the zero point will be at the end of the tape. The mark poker is always outboard side of/away from the zero point.

## Measuring Techniques

For throws, develop a marking technique whereby one places the mark poker so that zero point lines up with the depression or other landing mark in the landing surface closest to the throwing circle.

For instances where you must hold the mark for a long time (such as when the Head Field Event Judge is called to verify a record measurement), develop a technique where you can brace your arm against your torso so the mark poker doesn't move during this waiting period).

## Typical Discus Briefing

### Safety is the field event official's primary duty

1. This is the final call for check-in; I show xxxx and yyyy as checked out - and zzzz did not check in. Did I miss anyone? Entry into this event is now closed.
2. Today's Official(s) is (are): \_\_\_\_\_; the most important thing is for everyone to **be safe and to have a fair competition.**
3. You may not throw your discus except from the discus circle at any time. During warmups you should make sure that all officials and other volunteers are looking at the throwing circle prior to your throw. During competition you should not throw unless and until the official has called you "Up".
4. **Prior to warm up** or competition an official must inspect your uniform, your shoes, your discus and your hands. You may not warm up unless an official or your coach is present and the venue has been declared as open.
5. You must be in an appropriate uniform (school issued or approved). Jewelry is allowed, but not recommended. **Tape, pads, bandages, etc. must be discussed with and inspected by an official.**
6. **Inappropriate language** during the competition will result in **disqualification.**
7. If you wish to compete in **multiple events**, you must inform the head official prior to commencement of the competition. You **must check out and in** when you leave for and return from other events. Check out **time limit is 10 minutes.** You may be offered an opportunity to have a trial out of the normal order. You **may not check out during the final round if you are a finalist.**
8. Competitors will be announced as follows: A is "Up", B is "On Deck", C is "On Hold". Once you are "Up, you will usually have **1 minute to initiate your attempt.** You will be informed if you are allowed a different amount of time.
8. As a reminder, the following are some **common fouls: leaving the circle prior to the discus landing, not leaving by the rear of the circle, not starting from a stationary position.**

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## **SHOT**

**(Rule 6-1 thru 6-3; 6-7)**

Shot can be **extremely dangerous** to competitors, spectators and officials. For this reason, officials must be very diligent about ensuring the venue is set up with safety in mind and to conduct the event in a safe manner. Officials should arrive at least 1 hour prior to the start of the event.

**Check with the Meet Director** to determine meet records, location of the coaches' box, earliest time the ring is open for approved usage, starting time, warm up time or number of throws, order in which competitors will take their trials and any special instructions.

**Close the venue** so it can be inspected (refer to **Venue Inspection and Preparation** section following):

- Throwing areas and equipment shall be checked to insure proper function and compliance to specifications.
- Designated areas must be clearly marked, restricted and controlled for spectators, coaches, athletes who are actively competing and those who are warming up or waiting to compete as well as others who support the event (officials, media, announcers, etc.).
- Visual markers should be provided for all field events to help coaches and spectators see and enjoy marks, jumps and throws.

### **Crew - who will be assisting you?**

- You should have a minimum of 1 marker, 1 tape puller (or laser operator) and one retriever. If available, you should have 2 markers and 2 retrievers.
- Markers should be officials. You can utilize focused volunteers to keep non-participants out of competition areas and to retrieve (not throw back) the implements.
- Everyone must be instructed as to safe practices – i.e. always facing the competitor and never throwing or rolling the implement.

### **Implement Inspection**

Only certified implements may be used in competition. Certification will be available to any athlete up until one hour prior to the start of the event. Once an implement is certified, it is impounded until competition begins and all certified implements are not obligated to be shared.

- **Shot Put Specifications**
  - Boys 12 pounds (5.443 kg); min. diameter 12- $\frac{1}{8}$ " (98.4mm); max. diameter 14- $\frac{1}{2}$ " (117.5mm)
  - Girls 4 kilo (8.8 pounds); min. diameter 11- $\frac{3}{4}$ " (95mm); max. diameter 13- $\frac{3}{8}$ " (110mm)
- **NOTE:** An overweight implement regardless of dimensions or weight is never legal and no illegal or uncertified implement may be used for practice, warm-up or competition. Penalty for using such implement is disqualification from the event.
- If there is no implement inspector, the Field Referee may assume or delegate those duties to the head event judge. The shot must be measured, inspected for dents, sharp edges, etc. and weighed (rule 6-7-1&2).
- Any implement damaged during competition must be removed from use (6.2.10).

### **Open Circle for Warm-Up (Rule 6-2-6)**

Once the site inspection has been completed, you can "open the ring for warm-ups". An athlete is cleared to warm-up once implement verifications have been completed, and an official or a coach is present at the venue.

Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.

### **Checking In (Rule 6-2-1; State Meet Handbook VII)**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete. When the athletes are gathered for instructions at the close of the check-in process, the Head Event judge will reconfirm those who have checked out to see if any missing competitors are present to make sure no one was missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

Athletes may check into a field event before First Call if there is an official present at the pit or circle who is prepared to accommodate such early check-in requests. If the early check-in is made to accommodate participation in another event, it is the athlete's responsibility to so inform the field-event official.

## Uniform Inspection

Uniforms, hands and shoes must be inspected.

Jewelry is allowed, but not recommended. Jewelry will be asked to be removed if deemed unsafe or possible to interfere with another competitor.

## Conducting the Competition (Rule 6 – Sections 1, 2 and 7)

An **Event Briefing** will be conducted by the Head Event Judge at the end of the Event Check In and all uniforms have been inspected.

Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Officials can request the removal of tape to confirm that an open wound exists and direct the athlete to the trainer for subsequent re-taping if necessary. Taping of the wrist is acceptable. Gloves are not allowed. A support belt is allowed (6-7-7).

It is suggested that all competitors have the same number of warm up throws, and that they take those throws in the order that they will throw in the preliminary rounds.

Conduct field events as single day finals events. A maximum of 15 minutes will be given between trials and finals.

## The Throw and Measurement

A legal put shall be from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.

After entering the throwing circle and prior to the actual throw the competitor **must pause (start the throw from a stationary position)**.

In order for the attempt to be fair, the COMPETITOR must:

- Initiate the trial prior to the expiration of allowed time.
- Remain in the circle until the implement has landed.
- Exit the circle by the back half of the circle.
- Not touch any surface outside of the circle during the trial.
- The implement must land completely within the sector lines.

In order for the attempt to be fair, the IMPLEMENT must:

- Land within the sector; the inside of the line defines the sector.



**All throws which land in the sector will be marked; do not use a “minimum mark” line. The head event judge will indicate whether the throw landed in the sector or not.** If measured, the zero end of the tape will be held at the marked position and pulled through the center of the circle. The judge who is reading will read from the inside edge of the stop board (rounding down to the lesser nearest 1/4 inch). Foul throws are not measured, but counted as trials. Each competitor will throw in the order determined by the games committee until three rounds have been completed. The top 8 qualifiers make it into the finals. If there is a tie for the eighth place, all eighth-place competitors will advance into the finals, and the order of competition shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order. Each competitor's best mark (preliminary or final round) shall be used to determine final placement.

### **Multi-event Athletes - checking in/out of field events/abandonment (Rule 3-2-3.o; State Meet Handbook VII-3)**

When checking out from a field event and checking into a running event, a competitor may leave the running holding area after checking in unless there is a specific reason for the Clerk of Course to retain that competitor at the holding area. Whenever an athlete leaves a field event or running holding area, it is the sole responsibility of the athlete and coach to check on lane and flight assignments, start times and timing remaining to complete field event attempts.

If circumstances warrant, the head field event judge may grant a reasonable extension (three to five minutes), but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not available, the trial/attempt will be recorded as a failed trial/attempt.

1. Multiple-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
2. For all horizontal jumps and throws, the check-out time is recorded by the head event judge and limited to 10 minutes. When an excused athlete returns, he/she must check back in with the head event judge and
  - Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
  - May inform the head event judge to restart the clock and check-out again without taking a passing trial as long as the event for which the athlete is checking out is still in progress.
  - No checkouts are allowed during the final round of competition.
  - When all competitors present at the event have completed their attempts – not including the last attempt by the leading qualifier – all missing competitors shall be called in order as their approved check-out period tolls. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all attempts by others have been completed, the leading qualifier may take his/her last attempt, and the event ends with places awarded.

**Designated Coaches' Areas (State Meet Handbook XIII)**

For all Field events, the Coaches' boxes will be clearly marked. Coaches are always to be within the designated areas when/if coaching an athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events or trials.

A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches. Fellow athletes and teammates are not to be considered as coaches for this purpose.

**Athlete Conduct During a Meet**

- 4-6-1 Unsporting behavior - including but not limited to disrespecting an official, flagrant behavior, intentional contact, taunting, criticism or profanity directed towards an individual (DQ meet).
- 4-6-2 Unacceptable behavior - including but not limited to failure to follow official instructions, using profanity not directed at someone, or any action that could bring discredit (DQ event).

Refer to Case Book pages 34-37 for examples of what happens to marks from that specific event and official results from previous events when a competitor is DQ'd under 4-6-1 and 4-6-2. Basically, the only time a place or points previously earned must be forfeited is if the competitor violates the participation rule. (4-2-1)

## Venue Inspection and Preparation

Shot can be **extremely dangerous** to competitors, spectators and officials. For this reason, officials must be very diligent about ensuring the venue is set up with safety in mind and to conduct the event in a safe manner. Officials should arrive at least 1 hour prior to the start of the event. The first thing to be done is to **close the venue**.

### The Venue (Rule 6-7)

1. Clear the area of debris.
2. Ensure that the circle is smooth, flat and 7 feet in diameter. The diameter should be marked with a metal, wood or plastic band which shall be no more than  $\frac{3}{4}$  inches above the level of the circle, or if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches wide may be substituted for the band.
3. You should determine and mark the center of the circle (3 feet, 6 inches in every direction from the band or line).
4. A stop board, constructed of concrete, fiberglass, metal, wood, or other hard-surfaced material in the shape of an arc (so that the inner edge coincides with the inner edge of the circle) shall be firmly fixed onto the slab. It shall be 4 feet in length along the inside surface, 4 inches in height and 4-1/2 inches in width and centered between the sector lines. The inside edge of the band or stop board is the limit of the putting circle.
5. Projecting lines (outside the circle) should indicate the front and back halves of the circle. These lines shall be perpendicular to the axis of the sector lines, 2 inches wide by 8 inches long and lie on the diameter extended and outside the circumference.
6. The sector should be 34.92 degrees. This can be checked by measuring a convenient distance from the center of the circle along one of the sector lines (20 feet as an example). Mark that spot. Then measure the same distance down the other sector line and mark that spot. Measure the distance between the two marks you have made on the sector lines. It should be 60% as long as the distance you measured down the sector (12 feet in the example). Refer also to Appendix B of the 2020 Track and Field and Cross Country Rule Book.
7. Ensure that the throwing area (at least 20 feet larger than the area within the sector lines) is cordoned off with flags, ropes, and/or fencing. An optimal additional safety measure would be the presence of focused volunteer marshals.
8. Determine where safe and appropriate areas are for spectators, waiting athletes, implements and coaches' boxes.
9. The venue is now ready for warm ups and competition, but should **remain closed** until the athletes and discuses have been inspected, and the Head Event Judge has indicated that the event may begin (starting time).

## **Conducting the Event**

1. After inspection by the inspector of implements, all implements (both legal and illegal) are to be stored in a designated area before, during and after the event. Identify this area.
2. Make sure the general area is adequately marked with fencing, flags, roping, etc. to separate participants and non-participants at the event with safety the primary goal.
3. Are adjacent areas protected from stray implements, i.e. the adjacent area not in use during event or far enough away so as not to be a concern? Is the field event venue far enough from the running track to ensure safety of all participants?
4. Are officials trained in and enforce safe practices for warm-ups and competition?
5. Has media been given adequate instruction in safe practices?
6. Does venue have adequate equipment (measuring tapes, lasers, markers, brooms, towels, etc.)?
7. Know the record distance – put a marker by the side of the sector if possible. If a put is close to that mark, make sure that the mark (flag) is not moved until (a) the measurement is read and (b) if believed to be a record, the field referee or head field event-judge is called to confirm the mark and reading. (Rule 6-8-10 & 11; Rule 9)

## **Interference from or Interfering with Adjoining Events**

1. Check to see if any danger or interference is possible from adjoining events.
2. Anytime another venue is adjacent to the shot put venue, make sure that all present in both areas are always facing the shot put ring in case there are errant puts of the shot.
3. Could exiting athletes in your event obstruct other events? Could athletes going to other events interfere with your event

## Tools of the Trade

Availability of these tools and who provides them will vary by facility and meet (invitational, championship, etc.). Many officials own and provide many of these tools themselves.

### Minimum Requirements

Rule Book Knowledge/Rule Book  
 Appropriate Uniform  
 Sun/Rain Protection  
 Clip Board  
 Event Specific Briefing sheet  
 Trial Performance Sheets  
 Stop Watch  
 Measuring tape/device  
 Athletic tape/Sharpie  
 100-foot fiberglass tape (1/4" increments) for Shot  
 Mark Poker  
 Towel/broom to clear debris/water

### Additional Tools That Make Your Job Easier

Protective Shroud - protects clipboard from rain  
 Rolling Stand from which to work  
 Small cones to close venue, mark coaches box  
 Pen and/or Pencil; hand held pencil sharpener  
 Flags - Red, White, Yellow  
 Towels - mop up puddles  
 Waterproof Paper - for trial performance sheets

## Connecting the Measuring Tape to the Mark Poker

Insert the mark poker into the ring end of the non-stretchable tape measure; the zero point will be at the end of the tape. The mark poker is always outboard side of/away from the zero point.

## Measuring Techniques

For throws, develop a marking technique whereby one places the mark poker so that zero point lines up with the depression or other landing mark in the landing surface closest to the throwing circle.

For instances where you must hold the mark for a long time (such as when the Head Field Event Judge is called to verify a record measurement), develop a technique where you can brace your arm against your torso so the mark poker doesn't move during this waiting period).

## Typical Shot Briefing

### Safety is the field event official's primary duty!

1. This is the final call for check-in; I show xxxx and yyyy as checked out - and zzzz did not check in. Did I miss anyone? Entry into this event is now closed.
2. Today's Official(s) is (are): \_\_\_\_\_; the most important thing is for everyone to **be safe and to have a fair competition.**
3. You may not throw (put) your shot except from the shot circle at any time. During warmups you should make sure that all officials and other volunteers are looking at the throwing circle prior to your throw. During competition you should not throw unless and until the official has called you "Up".
4. **Prior to warm up** or competition an official must inspect your uniform, your shoes, your shot and your hands. You may not warm up unless an official or your coach is present and the venue has been declared as open.
5. You must be in an appropriate uniform (school issued or approved). Jewelry is allowed, but not recommended. **Tape, pads, bandages, etc. must be discussed with and inspected by an official.**
6. **Inappropriate language** during the competition will result in **disqualification.**
7. If you wish to compete in **multiple events**, you must inform the head official prior to commencement of the competition. You **must check out and in** when you leave for and return from other events. **Check out time limit is 10 minutes.** You may be offered an opportunity to have a trial out of the normal order. You **may not check out during the final round if you are a finalist.**
8. Competitors will be announced as follows: A is "Up", B is "On Deck", C is "On Hold". Once you are "Up, you will usually have **1 minute to initiate your attempt.** You will be informed if you are allowed a different amount of time.
9. As a reminder, the following are some **common fouls: leaving the circle prior to the shot landing, not leaving by the rear of the circle, not starting from a stationary position, allowing the shot to drop behind or below the shoulder.**

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## **RUNNING EVENTS**

### **(Rule 5-2 thru 5-4)**

#### **Checking In**

All competitors must report to their event at or before the time of the "Last Call". Competitors who fail to report prior to the closing of the event (Last Call) - by Clerk-of-the Course for Running Events or the Head Event Judge in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the final check-in group shall be allowed to compete.

#### **Multi-event Checking In/Out**

When checking out from a field event and checking into a running event, a competitor may leave the running holding area after checking in unless there is a specific reason for the Clerk of Course to retain that competitor at the holding area. Whenever an athlete leaves a field event or running holding area, it is the sole responsibility of the athlete and coach to check on lane and flight assignments, start times and timing remaining to complete field event attempts.

#### **Clerk of Course (Rule 3-7)**

The Clerk is generally the official with whom the runners have first contact.

The Clerk of the Course shall be responsible for recording the name and number of each competitor and shall assign each runner to the proper heat and starting position, as approved by the games committee or meet director.

The Clerk of the Course is responsible for giving all necessary instructions concerning the rules governing the race. Also, the Clerk of the course should check and enforce uniform, visible apparel and shoe/spike regulations.

**NOTE:** In large multi school and Championship Meets it is strongly advised that there be 2 Clerks of the Course.

**NOTE:** Violations observed and noted, penalties/warnings/disqualifications associated with/by the Clerk, are to be reported to the Running Referee/Meet Referee for further action and notification of the athlete's school's Head Coach.

The meet record should be printed on the running event sheets.



### **Starter (Rule 3-6)**

The starter shall have full responsibility for the competitors on the starting line and during the start. **The starter and assistant starter(s) shall decide, without protest, whether a start is fair and legal, or which competitor(s) shall be charged with a false start. The starter, charging a competitor with a false start, is disqualifying the competitor from the event.**

The starter is also responsible for avoiding unnecessary delay in the continuance of events, and shall start the track events promptly after the competitors have been assigned their positions and given appropriate information/instruction by the clerk of the course. The starter, or any other official designated by the starter, shall give a signal (either by pistol or bell) at the beginning of the last lap in each individual race of two laps or more.

The starter shall receive a whistle or white-flag signal from the head finish judge that the judges and timers are ready. When the judges and timers are not ready, the finish judge shall use an overhead wigwag motion of an extended arm or a red-flag signal and withhold the use of the whistle.

The assistant starter(s) or recall judge may stop the race and recall the competitors if there is an unfair start or a spill during the first 100 meters due to contact with another competitor. During distance races, the assistant starter should take a position on the first turn where there may be a spill/fall which would be cause for recalling the race.

The head starter (or designated block chief) shall be responsible for removing all blocks as soon as the race has ended (4-18-4), and the inspection of all starting blocks provided solely by the facility to be used in running events for operational compliance and spike length and condition (3-6-4; 3-18-4).

### **The Start (5-4-Art 1-2; 5-7-Art 1-7)**

Starting blocks are blocks or pedals mounted on a frame to ensure a rigid surface against which the feet may be braced to start a race. Springs, hand or body supports shall not be permitted. An adapter on the blocks may be used by competitors, provided it is not necessary to modify the track.

### **FAT “Fully Automatic Timing” Crew**

#### **Site Check:**

- A. Determine what equipment will be provided from the site or host school/host league? (Timing System, Laptops, Tent, Tables, Chairs, Barricades, Cones and Condition of timing equipment)
- B. Internet Access and P. A. System.
- C. Underground Conduit near finish line.

- D. Available power near all finish lines.
- E. Lighting on the finish line.
- F. Parking, overnight storage and access to bring in equipment.

**Equipment & Supplies List:**

- A. Up to date copies of Finish Lynxs and Hy-Tek Meet Manager Software on all laptops.
- B. Network Ready Laptops: 3 or 4 Laptops for Timing System & 4 or 5 Laptops to Run Meet Manager.
- C. Timing: 3 or 4 Timing Cameras: 1 on the infield and 1 on the outside. 1 as an independent backup camera on the infield, and 1 as emergency backup or remote setup if needed.
- D. Timing: Electronic Gun with Speakers and Tripods. Stand alone or wired Wind Gauge.
- E. Other Timing Equipment: Hub for Timing and Meet Manager, Tripods or Camera Poles, 2 or more Radio Lynxs and extra gun sensors, CAT 6 or 7 Ethernet Cables of various lengths. UPS and Surge Protectors and Extension Cords.
- F. Meet Manager: 2 or 3 Laser Printers, Paper, Reay Cards, Pens and Pencils, Clip Boards, Hip Numbers and Labels.
- G. Other Equipment: 4 or 5 X 6' Tables, plenty Chairs, Tent, 1 - 3 Generators if needed, Scale for Throwing implements, Ladder for Camera Tripod, 2-Way Radios, LED Lights for Finish Line and Whiteboards, Barricades for Finish Line area.

**Timing, Meet Manager Crew and Positions:**

- A. Timing: 1 Capture, 1 Backup Capture, 1 or 2 Evaluate & 1 Remote Capture if needed.
- B. Meet Management: 1 Seeding/Clerk, 1 or 2 Field Events input/results, 1 or 2 Running Events input/results, & 1 Results Report and web results.

**Setup Requirements:**

- A. We need a minimum of 4 helpers or more to setup tent, timing system and computers.
- B. Allow minimum of 2 or 3 hours to setup and test/troubleshoot timing system and printer compatibility. Print out some trial runs if time allows.

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- 2. A limited number of starting blocks will be available at the tournament site. Therefore, schools are encouraged to bring their own blocks.

All races shall be started with the firing of a closed-barrel pistol (starter's pistol) or gun less device which provides smoke or a flash visible to the timers. A misfire does not indicate a start.

When a FAT system is being used for timing and a pistol (closed-barrel) is used as a starting device, a .32 caliber or a .22 caliber pistol may be used to start the races (Rule 3-8-6).

The starting commands for races or opening relay legs of less than 800 meters outdoors and 600 meters indoors shall be: "On your marks." At this signal, the competitors will immediately take their proper positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter then shall instruct them, "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their person touches the ground in front of the starting line or the starting line itself. When all competitors are set and motionless, the starter shall fire the starting device. The interval between the set command and the firing of the starting device is usually one to two seconds. After a starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device.

The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be to ask all competitors to take position three meters behind the starting line or dashed arc behind the line. With the command "On your marks" all competitors will step to the starting line without delay. When all competitors are steady and motionless without their hand(s) touching the ground, the starter shall fire the starting device.

Starting violations which constitute a false start include:

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- d. Failure to place starting blocks within the respective competitor's lane.
- e. Repeated use of disconcerting acts.

**PENALTY: A competitor who commits a false start shall be disqualified.**

For an unfair start, the starter or assistant starter shall recall the competitors by firing the starting device.

A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:

- a. The race is not started in lanes (waterfall start) or;
- b. Two or more competitors are assigned to a single lane.

If a competitor's starting blocks are slipping due to a condition of the track or a malfunction of the starting block, the starter may authorize an attendant to hold or support the blocks.

## **RELAYS**

### **(Rule 5-10)**

#### **Checking In/Uniform Check**

All members of any relay team are to check in at the same time whereby the Clerk of Course will check the relay cards. In relay events, no more than six individuals may be listed on the relay entry card/sheet, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry card/sheet. It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.

The Clerk of Course will check spike length and uniform conformity making sure the uniforms are such that the team is clearly identified as a team. Visible items worn under both the top and the bottom do not have to be the same color.

#### **Baton (5-4-3)**

The relay baton shall not exceed 11.81 inches (30 centimeters) in length. Its circumference shall be at least 4 inches and no more than 5 inches (102-127 millimeters). It shall be a smooth, hollow tube, made in one piece of wood, metal or other rigid material. It shall weigh at least 1.766 ounces (50 grams). Tape shall not be used to wrap the baton.

Batons should be inspected before the race by the Clerk of Course, Running Referee and/or Meet Referee. Sheer-plastic advertising sleeves are not considered tape and are allowed.

#### **Passing of Baton/Exchange Zone**

Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. Gloves are not permitted in relay events. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race in the assigned lane (5-10-5; 5-10-6). A relay team must start and end the race with the same baton (5-11-1). After passing the baton, the relieved competitor should stand still, jog ahead in his/her lane or jog straight ahead, and then step off the track when clear or when so instructed by an official.

A zone either 20 or 30 meters long is designated for exchanging/passing the baton during relay races - "exchange zone" (5-3-3).

In relays with legs of 200 meters or less, the acceleration zone has been incorporated into the exchange zone by expanding the exchange zone 10 meters in the direction of the incoming competitor thus creating a 30-meter exchange zone.

Existing acceleration zone markings (triangles, squares) or approved chalk/tape/tennis balls/washers placed at that location, may be used to denote the beginning of the exchange zones on a track.

All exchange zones for races with legs more than 200 meters remain at 20 meters.

The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner (5-10-7).

If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it (5-10-7).

Officials should insure that the baton is passed completely within the exchange zone. Touching of the baton outside of the exchange zone by both runners at the same time is a DQ. The outgoing runners must be stationed anywhere from the beginning of the exchange zone to the end of the exchange zone. The baton must be passed and not thrown. The incoming runner cannot push the outgoing runner.

**POINT OF EMPHASIS:** The incoming and outgoing runners shall not simultaneously touch the baton outside of the exchange zone (5-10-7 Note). The position of the baton, not the runner(s), is the paramount concern.

In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone (5-10-9).

In relays of 800 meters or longer and which are not run in lanes, the games committee shall determine the method of exchanging batons at each station. At each station, competitors shall line up in the same relative lane position as that of their teammate who started the race, but there may be movement to a position better suited to meeting the passer of the baton. Each passer shall keep a straight course to the exchange zone. The responsibility for taking a position which corresponds to that which the passer is entitled is on the outgoing competitor (5-10-10).

## HURDLES

Hurdling is a technique in which the competitor attempts to clear each hurdle by jumping or striding over the hurdle (5-14-1).

### Hurdle Construction (Rule 5-4-Art 4-8)

The hurdle shall be constructed to fit within the track lanes, and the hurdle gate/top bar shall have a dimension of about  $2\frac{3}{4}$  inches (7 centimeters) in height. It shall be painted white or white with two or more vertical or diagonal stripes. The hurdle gates shall be pinned or set so they are rigid.

The "L" type hurdle having the base entirely behind the hurdle gate should be used.

### Adjustable Weight Hurdles

The pullover force is that force which, when applied to the top of a hurdle, will cause it to overturn. The adjustable weight hurdles shall be of such weight and balance that it requires a steady pullover force of not less than the following weights at the specified heights as follows:

- |                              |                              |
|------------------------------|------------------------------|
| a. 30 in. = 8 lb. (3.629 kg) | b. 33 in. = 7 lb. (3.175 kg) |
| c. 36 in. = 6 lb. (2.722 kg) | d. 39 in. = 6 lb. (2.722 kg) |

The hurdles shall be placed so that the turnover resistance is nearer the starting line. The maximum steady pullover force at any height is 8 pounds, 13 ounces (4.0 kilograms). In testing the pullover force, the scale should be attached to the center of the top edge of the crossbar and the pull shall be in the running direction.

### Fixed Weight Hurdles

The steady pullover force for all fixed weight hurdles at any height is 8 pounds, 13 ounces (4.0 kilograms).

### Hurdle Chief (3-18-3)

The Hurdle Chief and his crew of volunteers is responsible for ensuring that each flight of hurdles is set at proper height and prescribed points prior to each race. While moving hurdles on-and-off the track efficiently is essential, the system used by the Hurdle Chief to double check height and placement is also critical.

If hurdles with adjustable weights are used, the proper placement of the weights should also be checked:

Girls races – weights forward (away from runner) – tilt the hurdle forward on the fulcrum below the hurdle gate.

Boys races –weights back (towards the runner) – tilt the hurdle back on the ends of the base frame.

## Hurdle Placement

Place the hurdles on the track marks – line up with the face of the hurdle gate closest the starting line directly above the edge of the marking on the track closest to the starting line. Be careful – there is a tendency to line up the front edge of the front part of the base with the edge of the marking on the track closest to the starting line and that is approximately 1" too far forward.

Non-triangle markings should be verified at sites of championship meets to determine on which side (or the middle at the point if arrow is sideways) of the markings the hurdles should be placed.

## Hurdle infractions

Did not attempt to clear the hurdle, deliberately knocks down a hurdle by hand, advances or trails a leg or foot alongside or below the height of the hurdle gate, runs over a hurdle not in the assigned lane, runs around a hurdle, impedes another runner or interferes with another hurdler.

NOTE: It is not an infraction if the trail leg goes out of the lane completely above the hurdle gate and does not impede anyone.

## Interference

Any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. In hurdles, this may include bumping arms and knocking a hurdle into another competitor's lane.

## Common Violations

- 5-14-2a Does not attempt to clear each hurdle
- 5-14-2b Knocks down any hurdle by hand
- 5-14-2c Advances or trails a leg or foot along the side of and below the height of the hurdle gate
- 5-14-2d Runs over a hurdle not in the assigned lane
- 5-14-2e, 5.14.2d Runs around or under a hurdle (even if he/she goes back to clear it later)
- 5-14-2f Interferes with another hurdler

### Case Book 5.14.2 SITUATIONS

- 5-14-2f, 5.14.2e Knocks hurdle into adjacent lane that interferes with another hurdler
- 5-14-2f, 5.14.2e Knocks adjacent lane hurdle completely out of place causing other runner to alter stride

**PENALTY: Disqualification from the event.**

## **INFRACTIONS FOR ALL RACES**

### **(Rule 5-9; 5-11 thru 5-13)**

#### **Interference**

Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path. **Penalty:** Disqualification from event.

#### **Assistance**

It is an unfair act when a competitor receives any assistance (6-5). Assistance includes: interference with another competitor; pacing (defined as 5 or more steps) by a teammate not in the race or persons not participating in the event; competitors joining or grasping hands with each other during a race; communicating with a competitor through the use of any device, including electronically, during a race or trial; coaching a competitor from a restricted area; competitor using an aid during the race or trial and receiving physical aid during a race or trial from any other person. (4-6-3)

**4-6-5g, 8-6-1e:** Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**NOTE1:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.

**NOTE 2:** The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. (6-5 Note 1)

**Penalty:** Disqualification from the event.

If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place. If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.



### **Infractions for Races Run in Lanes**

When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with another runner. A competitor shall be considered to be out of the lane when:

- a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
- b. While running on a straightaway, runs in an adjacent lane and interferes with another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with another competitor.
- d. He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
- e. He/she takes one or more steps inside the assigned lane line at the break line.

#### **PENALTY: Disqualification from the event.**

The break line is a place in each lane, usually at the point of curve, that marks the end of a lane stagger. It may be a solid line painted on the track, or designated by a flag or pylon located on the inside lane boundary of each lane. When utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.

### **Infractions for Races Not Run in Lanes**

Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course.

A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

#### **PENALTY: (Articles 1, 2) Disqualification from the event.**

A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

## Common Violations

### Running Races

- |                 |   |
|-----------------|---|
| 3-2-4b          | Using check marks in non-relay races.   |
| 5-12-1; 5-12-1d | Did not start or finish in assigned lane.   |
| 5-12-1e         | Cuts in before break line.  |
| 5-12a; 5-13-2   | Steps over inside lane line or curb on a curve with 3 or more consecutive steps with either or both feet.           |
| 4-6-5b          | Paced (five or more strides) or assisted by non-competitor, however, teammates cheering briefly from infield is OK. |
| 5-13-1; 5-13-3  | Voluntarily leaves the track (except to retrieve a baton).  |

### Interference

- |               |  |
|---------------|--|
| 4-6-5a        | Interference by a competitor.  |
| 4-6-3         | Interference by a non-competitor (violator's teammate may also be DQ'd)  |
| 5-9-1; 5-13-4 | Jostles, impedes, bumps, trips, cuts across or obstructs and competitor. Direct contact is not necessary. Any action that causes runner to break stride/lose momentum is illegal.          |
| 5-12-1        | Impedes another runner in a lane race.   |
| 5-9-1         | A lapped runner in a distance race shall not impede those passing him/her  |
| 5-9-1         | Veers to the left or right to impede a challenging runner or forces a challenging runner to run a greater distance.  |
| 5-9-1         | Tries to force way between two leading runners and impedes progress of one or both.  |
| 4-6-5         | Illegal aid or assistance.   |
| 4-6-5g        | Receiving assistance from another person. Note that it is no longer a disqualification for the person giving assistance if no medical aid is readily available and no advantage is gained. |

**PENALTY: Disqualification from event.**

**Common Violations - Relays**

- 3-2-3h More check marks than Games Committee allows (incoming legs 200m or less)
- 3-2-3h Using check marks in non-relay races or in relays with incoming legs greater than 200m
- 4-3-2a Failure of relay team members to wear similar uniforms
- 5-4-3 Baton can't be wrapped in tape
- 5-10-1 Team member runs more than one leg
- 5-10-5 Can't wear gloves, but adhesive on hands is not prohibited
- 5-10-6 Failure to carry baton by hand (except shuttle hurdle relays)
- 5-10-6 Last runner crosses finish line without baton
- 5-10-6 Baton pass not made within exchange zone
- 5-10-7 Baton not handed between runners
- 5-10-7 Dropped baton outside of passing zone must be picked up by runner who dropped it
- 5-10-8 After passing baton, incoming runner veers out of lane or straight course impeding other runner
- 5-10-9 Failure to be positioned properly in an acceleration zone or passing zone
- 5-10-10 Failure to be positioned in an exchange zone (incoming legs more than 200m)
- 5-11-1 In preparation to receive baton in lane races, runner interferes with runner in adjacent lane
- 5-11-1 Incoming runner pushes outgoing teammate
- 5-11-2 Last runner throws baton at race finish
- 5-12-1d Runners do not make pass in their assigned lane

## RECORDS AND PROCEDURES - Rule 9

Record performances may occur at many levels - including Meet, League, Conference, State, NFHS and National levels. In order to be recognized and recorded, various requirements must be met. Some of these requirements may include:

- The sanctioning by an organization or association.
- Number of teams participating in the meet.
- Age, affiliation, previous qualifications, gender and composition of team members
- Certification by meet officials.
- Wind gauge readings (Long Jump, Triple Jump and any race that is not run around the complete oval of the track, i.e. the 100m and 200m races).
- Conditions and competition that complies with all rules, stipulations and provisions.

### FIELD EVENTS

- Records can be recognized for each competitor when two or more tie the record height or distance and are valid even when made in preliminary trials and regardless of whether the competitor places in the final standings.
- In the vertical jumping events a competitor shall be credited with their best achievement regardless of whether or not his/her best achievement occurred in a jump-off for a first-place tie.
- Certification by the field referee/head field judge that the implement used by the competitor, plus all other equipment and the competition was in compliance with all NFHS rules.
- Measurements shall be recorded to the nearest lesser 1/4 inch or centimeter; discus is nearest lesser 1 inch or centimeter. The measurement should be observed by a minimum of two officials and should preferably include a referee.
- Measurements shall be made using a non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser).

### FIELD EVENT PROCEDURES FOR MEASURING FOR RECORDS

#### Pole Vault

When a record height is being attempted the following procedure should be followed:

1. Ask the field referee or referee to observe and assist in the officiating.
2. Bring the standards to the zero mark.
3. Make an accurate measurement of the height. The measurement should be made from the center of the zero line to the top of the center of the crossbar.
4. The measurement should be observed by a minimum of two officials and should preferably include a referee.
5. Return the standards to the desired distance from the zero line.

6. Should the crossbar be displaced in any way prior to the successful attempt by the competitor, the crossbar must be replaced in the same orientation and a new accurate measurement taken prior to any attempt.
7. When a new record is made, this should be recorded and signed by all officials who observed the successful vault. Information included on the record should include the height, date and site, meet and official's names and certification numbers.

### **High Jump**

When a record height is being attempted the following procedure should be followed:

1. Ask the field referee or referee to observe and assist in the officiating.
2. Make an accurate measurement of the height. The measurement should be made from the center of the indicator line (the plane of the crossbar) to the top of the center of the crossbar.
3. The measurement should be observed by a minimum of two officials and should preferably include a referee.
4. Should the crossbar be displaced in any way prior to the successful attempt by the competitor, the crossbar must be replaced in the same orientation and a new accurate measurement taken prior to any attempt.
5. When a new record is made, this should be recorded and signed by all officials who observed the successful jump. Information included on the record should include the height, date and site, meet and official's names and certification numbers.

### **Throws (Discus and Shot) and Horizontal Jumps (Long Jump and Triple Jump)**

Prior to the event it is prudent to place a marker outside of the sector or pit to indicate the approximate distance of the current record. When a throw or jump appears to be close to or obviously exceeds this distance, the following procedure should be followed: (6-9-7b).

1. The marker should assume a very stable position which can be held for several minutes.
2. The measurement should be made in the normal manner.
  - For horizontal jumps: Perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.
  - For Discus: From the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measuring along an extended radius of the circle (Pull the tape through the center of the circle).
  - For Shot: From the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle (Pull the tape through the center of the circle).
3. If a record is believed to have occurred, the field referee (or referee) should be summoned and the marker instructed to maintain the mark.
4. The field referee (or referee) and the head event judge should read the measurement.
5. When a new record is made, this should be recorded and signed by all officials who observed the successful throw or jump. Information included on the record should include the time, wind gauge reading if required, date and site, meet and official's names and certification numbers.

## **RUNNING EVENTS**

1. A record shall not be granted unless the time is recorded by FAT (fully automatic timing).
2. A record shall not be granted in hurdle events unless the hurdles conform to all rule specifications
3. The race course must be certified by a competent surveyor as fully complying with the NFHS rules (5-3-1)
4. When a new record is made, this should be recorded and signed by all officials who observed the successful race. Information included on the record should include the time, wind gauge reading if required, date and site, meet and official's names and certification numbers.

## **WIND-GAUGE – Rules 3-17 & 9-2**

### **Instrument and Placement**

A reliable wind gauge is one that employs the use of a directional tube and measures meters per second or miles per hour. The wind gauge shall be placed beside the sprint track adjacent to lane one, preferably 164 feet (50 meters) from the finish line. In the long jump and triple jump, the wind gauge shall be 66 feet (20 meters) from the foul line. When multiple takeoff boards are used, the 66-foot (20 meter) distance shall be from the foul line farthest from the pit. The gauge shall not be more than 2 meters from the track or runway and shall be approximately 4 feet (1.22 meters) above the competition surface.

### **Operation Time**

The length of time that shall be averaged for each event shall be as follows:

- Long Jump and Triple Jump 5 seconds
- 100 meters 10 seconds
- 100- and 110-meter hurdles 13 seconds
- 200 meters 10 seconds

Note: When the 200 meters is run around one curve, the length of time shall be 10 seconds, beginning as the runners enter the straightaway.

### **Reading and Recording**

The wind gauge shall be read by an official in meters per second, rounded and recorded to the next highest tenth of a meter per second in the positive direction, i.e., a reading of 3.03 meters per second shall be recorded as 3.1

### **Records**

Acceptance of a record recorded in the long jump, triple jump or in any race that is not run around the complete oval of the track requires that a reliable wind gauge recorded that any assisting wind did not exceed an average velocity of 2 meters per second (4.474 mph). An assisting wind is one that blows at a runner's back, either directly or in a slanting direction.