

LONG JUMP

If stickers are used at a meet, each competitor in this event must have a sticker identifying the competitor's First and Last Name, Grade Level and Team Name and the Name of this Event. These stickers will be pasted to the heat sheets for this event.

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| <p>Long Jump – Boys 7th/8th Grade John Brown St. George – Red</p> |
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All athletes will be assigned heats.

The first heat will finish practice and measured jumps before the next heat starts practice jumps, etc.

Competitors receive two (2) practice jumps, and three (3) measured jumps.

Call three (3) competitors **before every jump**. example: Bob Smith up, John Doe on deck, Joe Blow in the hole.

Distance of jump is measured from the **edge of the board** closest to the sand to the mark in the sand **closest to the board**. Marks made after landing count! examples: hand marks, walking back in the sand.

If **any part** of the jumper's foot goes over the edge of the board, it is a **fault**.

If a competitor breaks the horizontal plane of the board, **even off the runway**, it is a **fault**.

If a competitor jumps out of order, it is a **fault**. example: If the 3rd competitor cuts in front of the 2nd competitor, the 3rd competitor's jump would be a fault. The 2nd competitor would still be able to jump.

Competitors have sixty (60) seconds to jump after they are called up. If jump is not completed in allowed time, it is a **fault**.

All disputes will be handled first by event coordinator, **further disputes will be brought to the Meet Director**. The meet director's decision will be **final**.

Attachment A - Field Event Tie Breaker Rules is for information purposes only. Do not attempt to determine individual competitor's finishing placement in this event. The designation of this event's winners will be determined by the Compilation group in the Press Box!

High Jump

If stickers are used at a meet, each competitor in this event must have a sticker identifying the competitor's First and Last Name, Grade Level and Team Name and the Name of this Event. These stickers will be pasted to the heat sheets for this event.

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| <p>High Jump – Boys 7th/8th Grade John Brown St. George – Red</p> |
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All athletes compete in one (1) heat.

Competitors receive two (2) practice jumps before attempting opening height.

All competitors will finish their 1st practice jump before any competitors take their 2nd practice jump. All competitors will complete their 2nd practice jump before any competitors take their first attempt at opening height.

Call three (3) competitors **before every jump**. example: Bob Smith up, John Doe on deck, Joe Blow in the hole.

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| Opening height - Girls 5 th /6 th = 3' 2" | Girls 7 th /8 th = 3' 8" |
| Boys 5 th /6 th = 3' 8" | Boys 7 th /8 th = 4' 2" |

Competitors get three (3) attempts to clear a height.

Competitors **must** jump off one (1) foot! **Any** jump off two (2) feet is a **miss**.

Whether the competitor is on the mat or not, the event coordinator will decide whether competitor knocked the bar down or other forces knocked the bar down. Attempts to **purposely** land on the edge of the mat, or miss the mat entirely will be warned one (1) time and only one (1) time. Further attempts will result in a **disqualification of competitor**. (The old rule about being off the mat before the bar fell is no longer in the rule book, it was removed more than 5 years ago. Too many young athletes were getting injured.)

Once competitors have been called up, they have sixty (60) seconds to jump. During this time competitors may "run-by" the bar **twice**. On the 3rd "run-by" competitors **must jump**, failure to jump is a **miss**.

If a competitor breaks the plane of the bar, **even off the runway**, it is a **miss**. This includes reaching over the bar on a "run-by".

If a competitor jumps out of order, it is a **miss**. example: If the 3rd competitor cuts in front of the 2nd competitor, the 3rd competitor's jump would be a miss. The 2nd competitor would still be able to jump.

The bar will be raised **2"** after all competitors have either cleared the height, or have been eliminated from competition. Once the field has been reduced to six (6) or less, **the bar will be raised 1"** until all competitors have been eliminated.

The last competitor **may** request the bar to be set at any new height, to attempt a new team/meet/personal record.

Competitors **may** pass a height, but the bar can **never** be lowered.

Refer to Attachment A - Field Event Tie Breaker Rules in the event that there is a tie for first place. *Otherwise, Attachment A - Field Event Tie Breaker Rules is for information purposes only. Do not attempt to determine individual competitor's finishing placement in this event. The designation of this event's winners will be determined by the Compilation group in the Press Box!*

All disputes will be handled first by event coordinator, **further disputes will be brought to the Meet Director**. The Meet Director's decision will be **final**.

Shot Put

If stickers are used at a meet, each competitor in this event must have a sticker identifying the competitor's First and Last Name, Grade Level and Team Name and the Name of this Event. These stickers will be pasted to the heat sheets for this event.

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| <p>Shot Put – Boys 7th/8th Grade John Brown St. George – Red</p> |
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Shot Put Weights: Grades 3/4 = 4 lbs., Grades 5/6 = 6 lbs., Grades 7/8 = 8 lbs.

All athletes will be assigned heats. The first heat will finish practice and measured throws before the next heat starts practice jumps, etc.. Competitors receive two (2) practice throws, and three (3) measured throws.

Call three (3) competitors **before every throw**. example: Bob Smith up, John Doe on deck, Joe Blow in the hole.

All competitors must enter and leave the circle **from the back**, entering or leaving the circle from the front or sides is a **fault**. Touching the ground outside the circle during the throw is a **fault**. (A throw starts when a competitor enters the circle and ends when the competitor exits the circle.)

Anything the competitor brings into the circle is considered part of his/her body. It **must** enter and exit the circle from the rear, and can not touch the ground during the throw or it is a **fault**. examples: hats, towels, jewelry, water bottles.

All throws are measured from the center of the kickboard.

If a competitor throws out of order, it is a **fault**. example: If the 3rd competitor cuts in front of the 2nd competitor, the 3rd competitor's throw would be a fault. The 2nd competitor would still be able to throw.

Competitors have sixty (60) seconds to throw after they are called up. If throw is not completed in allowed time, it is a **fault**.

All disputes will be handled first by event coordinator, **further disputes will be brought to the Meet Director**. The Meet Director's decision will be **final**.

Attachment A - Field Event Tie Breaker Rules is for information purposes only. Do not attempt to determine individual competitor's finishing placement in this event. The designation of this event's winners will be determined by the Compilation group in the Press Box!

Taken from the 2004 National Federation of State High School Associations' Track and Field Rules

Concerning the "proper form" and potential form violations for Shot Put

Rule 6-5 SHOT PUT

Art. 8 . . . A legal put shall be made from the shoulder, with one hand only, **so that during the attempt, the shot does not drop behind or below the shoulder**. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle

Art. 9 . . . It is a foul if the competitor:

- a. After stepping into the circle, fails to pause before starting the put.
- b. After stepping into the circle, touches the circle (not including the inner face of the stopboard or the band, if one is used) or the ground outside the circle during the put.
- c. **Allows the shot to drop behind or below the shoulder during the put attempt.**
- d. Touches the top or end of the stopboard before the put is marked.
- e. Puts the shot so it does not fall within the sector lines.
- f. Is not under control before exiting the back half of the circle.
- g. Leaves the circle before the implement has landed and the judge calls "mark".
- h. Fails to initiate a trial that is carried to completion within 1 minute after being called.

Discus

If stickers are used at a meet, each competitor in this event must have a sticker identifying the competitor's First and Last Name, Grade Level and Team Name and the Name of this Event. These stickers will be pasted to the heat sheets for this event.

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| <p>Discus – Boys 7th/8th Grade John Brown St. George – Red</p> |
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All athletes will be assigned heats.

The first heat will finish practice and measured throws before the next heat starts practice jumps, etc.

Competitors receive two (2) practice throws, and three (3) measured throws.

Call three (3) competitors **before every throw**. example: Bob Smith up, John Doe on deck, Joe Blow in the hole.

All competitors must enter and leave the circle **from the back**, entering or leaving the circle from the front or sides is a **fault**.

Touching the ground outside the circle during the throw is a **fault**. (A throw starts when a competitor enters the circle and ends when the competitor exits the circle.)

Anything the competitor brings into the circle is considered part of his/her body. It **must** enter and exit the circle from the rear, and can not touch the ground during the throw or it is a **fault**. examples: hats, towels, jewelry, water bottles.

All throws are measured from the center of the front half of the circle.

If a competitor throws out of order, it is a **fault**. example: If the 3rd competitor cuts in front of the 2nd competitor, the 3rd competitor's throw would be a fault. The 2nd competitor would still be able to throw.

Competitors have sixty (60) seconds to throw after they are called up. If throw is not completed in allowed time, it is a **fault**.

All disputes will be handled first by event coordinator, **further disputes will be brought to the Meet Director**. the Meet Director's decision will be **final**.

Attachment A - Field Event Tie Breaker Rules is for information purposes only. Do not attempt to determine individual competitor's finishing placement in this event. The designation of this event's winners will be determined by the Compilation group in the Press Box!

Attachment A – Field Event Tie Breaker Rules

For LONG JUMP, SHOT PUT or DISCUS –

- in the event that two or more competitors in any of these events end up with the same best jump or throw, then the second best throw for the shot put or discus and the second best jump in the long jump break any ties. If second best are the same, then go to the third best. If a competitor fouls all but one jump or throw, then they would have no second best jump or throw. Only if every jump or throw for the tied competitors are identical, would there be a tie and the points added together and divided.

For HIGH JUMP –

- For 2nd through 6th Place - in the event that two or more competitors end up with the same best jump, the first tie breaker in the high jump for 2nd through 6th place is the number of misses at the tied height; the second tie breaker is the total number of misses in the entire competition for each competitor. If the competitors are still tied after both of these tie breaker rules have been reviewed, then and only then would the tie remain and the points for the places in question be added together and divided so that each of the tied competitors would get the same points. For example – if 3 athletes are tied for second place at 6 feet, and jumper A cleared the bar on his first attempt (no misses), jumper B clears the bar on his second attempt (one miss), and jumper C clears the bar on his third attempt (2 misses). Then second place goes to jumper A, third place goes to jumper B, and third place goes to jumper C. If there are then 2 jumpers that cleared 5 feet 9 inches and both cleared that height on their third attempt, then you break the tie by counting their total number of misses in the entire competition. The person with the least misses would then finish fifth. If their number of misses in the entire competition is the same, then the tie for fifth place would remain and the points for fifth and sixth place would be added together and divided by 2 with each competitor receiving the same points.
- For 1st Place - IF THERE IS A TIE FOR FIRST PLACE IN THE HIGH JUMP, IT MUST BE BROKEN. The same procedures apply that were used for ties in 2nd through 6th place in the high jump. The number of ties at the tied height is the first tie breaker. The total number of misses in the entire competition is the second tie breaker. IF THIS DOES NOT BREAK THE TIE, THEN THERE MUST BE A JUMP OFF. Both jumpers are given 1 more attempt at the height they failed to clear. If both miss, the bar is lowered 1 inch. They are then given 1 attempt at this height. If both still miss, down another inch. This continues until one jumper clears a height and the other jumper misses. If both would clear a height, then the bar is raised 1 inch. The bar continues to be raised or lowered by 1 inch until the tie is broken.