

**THE MASTER CHECK-IN TENT WILL BE IN THE STADIUM. REPORT THERE FIRST.**

1. Three attempts are allowed in an event; however, competitor may elect to pass any of them as well.
2. Ties may be awarded in ALL events.
3. For safety reasons, do not practice, especially throwing implements, in unsupervised areas.
4. U.S. Track & Field Rules apply, except as modified.

**IMPLEMENTS** will be provided. If participants bring their own, PSG personnel may check them. A competitor that competes with illegal implements may be disqualified. Gloves are not allowed. No device of any kind, including taping of fingers, which in any way assists a competitor when making a throw, may be used.

<b>Discus:</b>	Men	50-59	1.5 kg	Women	50-74	1.0 kg
		60 +	1.0 kg		75+	.75 kg
<b>Shot Put:</b>	Men	50-59	6 kg	Women	50-74	3 kg
		60-69	5 kg		75+	2 kg
		70-79	4 kg			
		80+	3 kg			
<b>Javelin:</b>	Constructed of metal or of solid wood with a metal point or rubber tip.					
	Men	50+	700 gram	Women	50-74	500 gram
		60+	600 gram		75+	400 gram
		70+	500 gram			
		80+	400 gram			
<b>Softball Throw:</b>	12 inch regulation softball					

**MEASUREMENTS** are made in feet and inches to the nearest lesser  $\frac{1}{4}$  inch.

**Throwing Events**

1. The "0" of the measuring tape is at the landing point.
2. **Discus** and **Shot Put** are measured from the nearest mark made by the object to the inside circumference of the circle, along a line from the mark to the center of the circle.
3. **Javelin** is measured from where the tip of the head first struck the ground to the inside edge of the arc, along a line to the center of the circle of which the arc is a part. (The center is marked with a spot in the runway.)
4. **Softball Throw** is measured from the nearest mark made by the softball to the inside edge of the throwing line at the middle spot. Measurement is made for distance, not accuracy.

**Jumping Events**

1. The **Long Jump** is measured by placing zero end of tape at the nearest (to take-off board) break in the sand caused by any part of jumper's body TO the front edge of the take-off board nearest landing pit.
2. The **Triple Jump** is measured by placing the zero end of tape at the nearest (to take-off board) break in the sand caused by any part of the jumper's body TO the front edge (scratch line) of the jumper's designated "take off board/tape".
3. **High Jump** is measured from the ground to the lowest part of the upper side of the bar.

**TRIPLE JUMP PROCEDURE**

1. A competitor must know personal "take-off" board/distance and be able to follow correct foot order.
2. **White and pink duct tape will be used to mark additional "take off boards"**.
3. **Entrant indicates to the official which "take off board/tape" they wish to use. It will be marked with cones on the side. A jumper may change their pre-selected "line" by properly notifying the official prior to an attempted jump. No additional practice is afforded.**
4. **Entrant can start their run up anywhere on the runway. Entrant runs down the runway until he reaches his/her designated "take off board"**.
5. **Once the jumper's foot hits (on or before) their "take off board/tape", they need to HOP off one leg (same as take-off leg), then STEP on the other foot, then JUMP into the pit, landing on both feet.**

OVER

## HIGH JUMP PROCEDURE

1. High Jump is competed in age groups at assigned times. If a jumper misses their age group competition, they may not compete.
2. A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot, and provided no weights or artificial aids are used.
3. **PRACTICE: Practice with a bar or a flexible cord may take place for a short time before the competition begins.**
4. A competitor who has passed three consecutive heights after competition has begun may be permitted one practice/warm-up without the crossbar but shall enter the competition at that height. Warm-up must be taken at a height change. The competitor is allowed to approach or run through with the bar down. A competitor will then jump in his/her normal spot in the rotation.
5. **PASSES:** Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as he or she had three unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. The decision to pass should be communicated to the judge before an attempt is begun.
6. A competitor who has won the competition may continue until he/she forfeits the right to compete.

## THROWING EVENT FOULS - A foul counts as an attempt but is not marked or measured.

1. if competitor drops the implement or the implement travels backward during the act of throwing.
2. if the implement falls on or outside the lines of the sector (boundary lines).
3. *if a competitor leaves the circle or runway from the front half of the circle OR before the implement has touched the landing surface.*
4. It is a foul if an illegal method to throw has been used or an illegal implement (including electronic devices or taping of the throwing hand) has been used.
4. A competitor who has not otherwise committed a foul may interrupt an attempt once started, may lay the implement down, inside or outside the circle or runway, may leave the circle or runway before returning to the runway or to a stationary position in the circle, and begin a fresh attempt.
6. Discus & Shotput - it is a foul if competitor does not start from a stationary position within the circle.
7. **Discus, Shot Put, Javelin, Softball Throw** - it is a foul if a competitor touches the top of the circle or throw line or touches, with any part of the body, the surface outside of the circle or runway during the throw or the follow-through. (The follow-through is considered completed when, in the judgment of the official, the participant has regained his balance and stopped all forward momentum.)
8. **Javelin** – if the tip of the javelin does not hit the ground first. (It does not have to stick in the ground.)
9. It is a foul if a competitor improperly releases the implement.  
**Shotput** – *shot must be put from the shoulder with one hand only. In preparation, the shot must touch or be in close proximity to the chin and shall not drop below this position in putting. The shot may not at any time be brought behind the line of the shoulder.*  
**Javelin** - delivery must be made with an over arm, above the shoulder motion of the throwing arm. (Not slung or hurled.) Competitor may not make a 360-degree turn before the javelin is in flight.

## HIGH JUMP FOULS - A foul counts as an attempt but is not measured.

1. It is a foul if a competitor displaces the crossbar in an attempt to clear it.
2. It is a foul if a competitor touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without first clearing the bar.
3. It is a foul if a competitor deliberately steadies or replaces the bar during or after the jump.
4. It is a foul if the jumper does not take off from one foot.

## LONG JUMP AND TRIPLE JUMP FOULS - A foul counts as an attempt but is not measured.

Whether running up without jumping or in the act of jumping, it is a foul if:

1. toe extends beyond the front edge of the "take off board/tape" (in the direction of the landing pit)
2. misses the pit entirely
3. walks back into the landing area after a jump
4. triple jumper does not use the correct foot sequence throughout the phases