

**THE MASTER CHECK-IN TENT WILL BE LOCATED INSIDE THE STADIUM.  
ALL ATHLETES MUST REPORT THERE FIRST.**

1. Three attempts are allowed in Discus, High Jump, Javelin, Shotput, Softball Throw, Long Jump and Triple Jump. In Punt Pass Kick, two attempts are allowed in each category. Competitor may pass any attempt.
2. Ties may be awarded in ALL events.
3. No unsupervised practice, especially with throwing implements, is allowed for safety reasons.
4. USA Track & Field Rules apply, except where modified.

**IMPLEMENTS** will be provided. Athletes may use their own discus, javelin or shot, but must be inspected by PSG personnel before use. Use of illegal implements may result in disqualification. Gloves are not permitted. Shot Put, Discus, Javelin entrants are allowed to tape their fingers individually, but must not be taped together. Each finger needs to be able to move independently. Tape can be continuous and connect to the wrist. Wrist wraps are permitted as an alternative to tape, as long as they don't have hard pieces that restrict wrist movement. Competitors may use chalk, adhesives (like rosin), or similar substances on their hands to improve their grip. Officials may inspect the tape and disallow it if deemed non-compliant.

Discus:	Men	50-59	1.5 kg	Women	50-74	1.0 kg
		60 +	1.0 kg		75+	.75 kg
Shot Put:	Men	50-59	6 kg	Women	50-74	3 kg
		60-69	5 kg		75+	2 kg
		70-79	4 kg			
		80+	3 kg			
Javelin: (metal or 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			

Softball Throw: Men - 12-inch ball; Women - 11-inch ball; must use balls provided by PSG.

Punt Pass Kick: Men - official football Women - junior football; must use provided by PSG.

**MEASUREMENTS – Field Events recorded in feet and inches, rounded down to the nearest ¼ inch; Punt Pass Kick recorded in feet and inches, rounded down to the nearest inch**

**Throwing Events**

1. Tape “zero” is placed at the landing point.
2. Discus/Shot Put: Measure from the nearest mark to the inside edge of the throwing circle, aligned with the center of the circle.
3. Javelin: Measure from the tip's first point of contact to the arc's inside edge, along a line to the marked center point.
4. Softball Throw: Measure from the nearest mark made to the inside edge of the throwing line's midpoint. Distance is measured, not accuracy.

**Jumping Events**

1. Long Jump: Measured by placing tape “zero” at the nearest break in sand (closest to the board) caused by any part of jumper's body TO the front edge of the take-off board (nearest landing pit).
2. Triple Jump: Same a long jump, but measured from 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. Competitor must indicate and use one of the pre-marked “take-off boards” and correct foot sequence
2. Entrant must inform the official which “take off board/tape” they are using. The board will be marked with cones. A jumper may change their pre-selected “line” by properly notifying the official prior to an attempted jump. No additional practice will be allowed.
4. Run-up may begin anywhere on the runway. Entrant takes off from the board, executes a hop (same leg), step (opposite leg) and jump (landing on both feet in the pit).

OVER

## HIGH JUMP PROCEDURE

1. Entrants must jump in their assigned age group and time. Missing your group forfeits participation.
2. Jumper may clear the bar in any method, as long as they take off from one foot and do not use aids or weights.
3. Practice with a bar or flexible cord may be permitted briefly before competition begins.
4. A competitor who has passed three consecutive heights may be allowed one warm-up without the bar at a height change. The warm-up may be a run-through or approach. The entrant will then jump in his/her normal spot in the rotation.
5. Passing heights is allowed unless the competitor has already had three failed attempts, regardless of the heights. 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 they choose to stop or fails to clear the attempted height.

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

1. if the implement is dropped or travels backward during the throw.
2. if the implement lands outside the sector lines.
3. If the athlete leaves the circle/runway from the front or before the implement lands.
4. If the athlete used an illegal throwing method or implement (includes improper taping or electronics.)
5. An attempt may be restarted if the athlete lays the implement down and repositions without fouling.
6. Discus & Shotput: Must start from a stationary position.
7. All Throws: Foul if the top of the circle, the throw line, or the ground outside the area is touched during the throw or follow-through.
8. Javelin: Foul if the tip of the javelin does not strike first. (It does not have to stick in the ground.)
9. Foul if the implement is released improperly.  
Shotput: *Must be put from the shoulder with one hand. The shot must stay in contact or near the chin and may not drop below shoulder height or go behind the shoulder.*  
Javelin: Must be thrown with an overhand, above shoulder motion. No spinning or 360-degree turns are allowed before the javelin is in flight.

## HIGH JUMP FOULS – Fouls count as an attempt but are not measured.

1. Displacing the bar or touching the elastic crossbar.
2. Touching the ground or landing area beyond the crossbar before clearing it.
3. Deliberately steadying or replacing the bar during or after the jump.
4. Failing to take off from one foot.

## LONG JUMP AND TRIPLE JUMP FOULS - Fouls count as an attempt but are not measured.

1. Toe crosses beyond the front edge of the takeoff board/tape.
2. Jumper misses the pit.
3. Jumper walks back into the pit after landing.
4. Triple Jump: Incorrect foot sequence is used (must be hop-step-jump)

## PUNT PASS KICK - will be conducted in flights

1. Participants compete in three categories: punt, pass, and kick.
2. Competition balls and a kicking tee will be provided. Women will use a junior-size football. Men will use an official-size football.
3. A 3–4 step running approach is allowed for both passing and kicking.
4. Each participant will receive two attempts per category. They will take both attempts at one time. The best attempt in each category will be used for scoring. The competition will be conducted in flights.
5. Winners are determined by the combined total score from all three categories. Measurement is based on the distance the ball travels in the air, minus any distance to the right or left of the centerline.
6. Any of the following will result in a disqualified attempt:
  - a) Stepping on or over the throw line before releasing or making contact with the ball.  
*Exception:* In kicking, the participant may cross the line after contact if the tee is placed on or behind the line.
  - b) Taking more than four steps during the approach.
  - c) Dropping the ball or having it travel backwards during the act of throwing.
  - d) Using illegal device, including steel toed shoes or taping throwing hand.
  - e) Kicking or throwing the ball outside of boundary lines.