

SAFETY CONSIDERATIONS

1. **High Jump.**

A. Landing Pad—Check your complete landing area with Rule 7, Section 4, Art. 3 to 6.

1. The rule requires 2-inch thick padding for all surfaces extending out from under the sides and back of the landing pad with padding similar to the pole vault. All areas around the landing pad will be padded as specified for the pole vault. Again, the width of the padding should be what a prudent person would choose.

B. Upright Standards

1. Adhesive tape, chalk, or paint should be used to mark the location of the standards. They cannot be moved during competition.

C. The Crossbar

1. Only a non-metal square, triangular, or circular crossbar may be used.

2. **Throwing Events**

A. Discus protective cage—See Appendix A, page 82 of the Rules Book.

1. Can be portable or permanent
2. Should be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.

B. The Shot put Stop Board

1. When converting from the 60 degree sector to the 34.92 degree sector the stop board must be clearly marked (permanently) to delineate the sector lines.

C. Safety Considerations

1. The landing sector must be corded off with rope, fence, or flags placed well outside the sector lines (30 feet--discus, 20 feet--shot put) and as far as competitors in the competition may throw. Within the 34.92-degree sector DO NOT move the safety rope, flags or fence in. Do not bring the spectators any closer to the landing areas.
2. Spectators must be located behind the throwing area or a safe distance behind the marking judges. Spectators must never be allowed within the range of an implement reaching the landing area.
3. It is recommended that the end of the cage should be within 4 to 5 feet from the section line. NOTE: With 34.92-degree sector, the cage must be altered to meet these specifications.
4. Practice throws without the supervision of an official or coach shall not be allowed. EVENT CLOSED signs should be used. Event judges should report a minimum of 60 minutes prior to the start of an event.
5. A trial may not be initiated until the event judge indicates that the landing area is clear and the marking judges are ready.
6. During both practice and competition, implements must be carried outside the sector and returned to the throwing area. (never thrown back)
7. Once competition begins, competitors awaiting their turn shall not be allowed to throw implements in any other location.
8. At the conclusion of the event, no further practice shall be allowed. All implements shall be removed from the area.