

Rule 6 Throwing Events

SECTION 1 DEFINITIONS

ART. 1 . . . A trial is an attempt in a throwing event. Each competitor is allowed a specified number of trials.

ART. 2 . . . A flight is a round of trials for a group of competitors in a throwing event.

ART. 3 . . . To qualify is to earn the right to participate in the finals.

ART. 4 . . . A foul throw is one which is counted as a trial but which is not measured because of some violation of the rule.

SECTION 2 GENERAL RULES FOR THROWING EVENTS

ART. 1 . . . Each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four total trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals.

ART. 2 . . . The order in which competitors take their preliminary trials shall be determined by lot or by the games committee. If weather or other conditions might result in unfairness to any competitor, the referee may alter the established order of trials.

ART. 3 . . . The time at which the preliminaries in each throwing event must be concluded or completed should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

ART. 4 . . . When preliminaries are held, one or more competitors than there are scoring places may qualify for the finals. The three preliminary trials shall be taken in flights of 4 to 12 in the order in which the contestants are listed for competition. All competitors tying for the last position shall be finalists. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 5 . . . Following the preliminaries, final competition in these events shall be in the reverse order of performance, in single rotation or more than one trial in succession, so that the best qualifier will compete last. The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

ART. 6 . . . In both preliminaries and finals, the head event judge may allow trials to be taken in succession to accommodate those who may be excused to participate in other events. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the preliminaries and in the finals.

Example: A, B or C might compose the first group and D, E and F, the second. A, B and C complete their three trials before D, E and F take their first trials. Also, for larger meets, competitors in these events may be arranged in groups within which each competitor takes two trials before the next group takes its trials.

ART. 7 . . . In two-session meets, it is recommended all competition in the throwing events be conducted in one session.

ART. 8 . . . To place in a throwing event, a competitor shall have had at least one legal throw.

ART. 9 . . . Contestants shall report promptly to the event judge at the designated location when the event is announced. A competitor shall initiate a trial that is carried to completion within 1 minute after being called for a trial, unless excused by the event judge to participate in some other event.

ART. 10 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 11 . . . For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use them.

ART. 12 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

PENALTY: Warming up without the contestant's coach or event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.

ART. 13 . . . Inclination from the throwing area to the landing area shall not exceed 1:100 (1 percent).

NOTE: It is recommended the landing sector be cordoned off with rope, fence or flags placed well outside the sector lines to enhance the safety of spectators and athletes.

ART. 14 . . . To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.

NOTE: The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying all the throwing implements.

ART. 15 . . . A competitor shall not compete while using an illegal implement.

NOTE: If a legal implement becomes illegal through use, no penalty shall be counted against the contestant except a failed trial is recorded.

ART. 16 . . . A competitor shall not place personal reference marks in the landing sector of any throwing event.

PENALTY: (Articles 15 and 16) Disqualification from the event.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a field event occurs when two or more competitors finish with the same height or distance.

ART. 2 . . . When there is a tie for any place in the finals of a throwing event, places and points scored shall be awarded as follows:

a. For places determined by distance:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.

2. If after (a1) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

ART. 3 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 DISCUS THROW

ART. 1 . . . The discus shall be constructed so that its body is of wood or other suitable material attached to a circumscribing smooth metal or plastic rim. Metal plates shall be set flush with the sides of the wood, plastic or composition material body and in the exact center as a means of acquiring the correct weight. These metal plates shall be circular with a diameter of 2 inches (5 centimeters). Each side of the discus shall be a counterpart of the other side and there shall be no indentations, projecting points or sharp edges. Each side shall taper in a straight line from the beginning of the curve of the rim to the edge of the centrally placed metal plate. A discus constructed entirely of rubber, plastic or metal alloys is legal if it conforms with the specifications for weight, size and shape. The rim of the discus shall not be sandblasted and shall remain smooth.

ART. 2 . . . The discus shall meet the following specifications:

		Boys Competition	Girls Competition
Weight	(minimum)	3.53 lb. (1.6 kg.)	2.20 lbs. (1 kg.)
Diameter	(minimum)	8.23 in. (209 mm)	7.0866 in. (180 mm)
	(maximum)	8.31 in. (211 mm)	7.16534 in. (182 mm)
Diameter of Core	(minimum)	1.9685 in. (50 mm)	1.9685 in. (50 mm)
	(maximum)	2.244 in. (57 mm)	2.244 in. (57 mm)
Thickness of Center	(minimum)	1.575 in. (40 mm)	1.457 in. (37 mm)
	(maximum)	1.654 in. (42 mm)	1.535 in. (39 mm)
Rim 1/4 inch From Edge		.472 in. (12 mm)	.472 in. (12 mm)
Radius of Edge		.23622 in. (6 mm)	.23622 in. (6 mm)

ART. 3 . . . The throwing circle shall be 8 feet, 2 1/2 inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 3/4 inch (1.9 centimeters) 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 (5 centimeters) wide may be substituted for the band. The inside edge of the line or band is the limit of the throwing circle.

ART. 4 . . . Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 5 . . . A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike and arc with a radius of 2 feet, 5 9/16 inches (75.07 cm), so that it intersects the circle. From the center of the discus circle through this point, construct the second sector line.

ART. 6 . . . The use of a protective cage is required. For portable or permanent installation, there shall be a rear to the cage as well as sides that extend forward at least to the front of the ring. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.

2. The discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area.

Due to the nature of the event, it does not assure the safety of the aforementioned personnel.

3. It is recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.

ART. 7 . . . Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn. No harness or mechanical device attached to the hand or arm shall be used.

ART. 8 . . . The lines which mark the throwing sector are outside the limits of the sector. A throw shall be made from inside the circle.

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

a. Fails to initiate a trial that is carried to completion within 1 minute after being called.

b. After stepping into the circle, fails to pause before starting the throw.

c. After stepping into the circle, touches the circle, not including the inner face of the band, if one is used, or the ground outside the circle during a throw.

d. Throws the discus so it does not fall within the sector lines.

e. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.

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. Does not exit the back half of the circle.

PENALTY: The throw is not measured, but counts as a trial.

ART. 10 . . . The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.

ART. 11 . . . Measurements shall be recorded to the nearest lesser inch or even number centimeter (e.g., 0-2-4-6-8). Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.

SECTION 5 SHOT PUT

ART. 1 . . . The shot shall be constructed so its body is a solid sphere made of any metal or suitable material not softer than brass, or a shell of such metal filled with lead or other material. The shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip. For indoor meets only, a shot consisting of a shell of rubber or plastic with a center filled with lead pellets may be used.

ART. 2 . . . The shot shall meet the following specifications:

	Boys Competition	Girls Competition
Weight	(minimum) 12 lb. (5.443 kg)	8.81 lbs. (4.0 kg)
Diameter	(minimum) 3-7/8in. (9.84 cm)	3-3/4 in. (9.50 cm)
	(maximum) 4-5/8in. (11.75 cm)	4-1/4 in. (11.00 cm)
Circumference	(minimum) 12-1/8in. (30.91 cm)	11-3/4 in. (29.84 cm)
	(maximum) 14-1/2 in. (36.91 cm)	13-3/8in. (34.56 cm)

ART. 3 . . . The putting circles shall have an inside diameter of 7 feet (2.134 meters). The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 3/4 inch (1.9 millimeters) 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 (5 centimeters) wide may be substituted for the band. A concrete surface with a 1/64 inch (1 millimeter) roughness is recommended.

ART. 4 . . . A stopboard, 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 in this position. It shall be 4 feet (1.22 meters) in length along the inside surface, 4 inches (10 centimeters) in height and 4 1/2 inches (11.4 centimeters) in width. The inside edge of the line or band is the limit of the putting circle.

ART. 5 . . . A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle through the extremities of the stopboard and continue out to form an area into which legal puts must be made. The inner edges of these lines shall bound the sector.

ART. 6 . . . Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 7 . . . Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

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:

- fails to initiate a trial that is carried to completion within 1 minute after being called.
- After stepping into the circle, fails to pause before starting the put.
- 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 a put.
- Allows the shot to drop behind or below the shoulder during the put attempt.
- Touches the top or end of the stopboard before the put is marked.
- Puts the shot so it does not fall within the sector lines.
- Is not under control before exiting the back half of the circle.
- Leaves the circle before the implement has landed and the judge calls "Mark."
- Does not exit the back half of the circle.

PENALTY: The put is not measured, but counts as a trial.

ART. 10 . . . The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along the extended radius of the circle.

ART. 11 . . . Measurements shall be recorded to the nearest lesser 1/4 inch or centimeter. Measurements shall be made with nonstretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.