

## High Jump

All athletes must check in with the judge. If they are competing in a running event, they must check in, tell the judge they are running, and return as soon as possible and check back in with the judge. The bar **will not** be lowered to accommodate runners. They will jump at the height that is currently being attempted.

Athletes will jump in order and as called by the judge

Athletes are allowed 3 practice jumps.

One age/gender group will compete at a time, in order, and as called by the judge.

The minimum height will be 3' 6" for 5<sup>th</sup> and 6<sup>th</sup> grade and 3' 8" for 7<sup>th</sup> and 8<sup>th</sup> grade. The bar will be raised in one inch increments.

A jump is good if the bar stays intact after the jump, the jumper has left the ground off of one foot, and the jumper has not touched the mat or ground under and in front of the bar after the jump—they must exit the back of the mat. If the bar falls, the jumper fails to exit the back or leaves off of two feet, a scratch shall be recorded.

Each athlete is allowed 3 attempts at each height. They may pass at any time (before they jump, after one jump or after two jumps) and wait for the next height. If they miss at all 3 attempts at a height they are eliminated from the competition.

Ties are broken by the number of misses starting at the highest jump and working backwards.

Athletes must jump off of one foot.

It is legal to touch the bar as long as the bar does not fall off of its supports.

Athletes must exit the pad to the back.

There should be two adults to attend to the pole and raise the heights as needed. There also must be an adult judge to call athletes, record attempts and scratches.

NO coaches or non-competing teammates will be allowed in the high jump area during the competition.

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## Long jump

Age groups will be divided into flights of approximately 10 or 12 depending on the total number of jumpers in each age/gender group.

Each jumper will be allowed two practice jumps.

Athletes will get three jumps to be recorded and **will jump in order as announced by the judge**. Athletes should not be allowed to do two or three attempts in a row.

Jumpers must jump off of one foot and may not step over the board as they jump. Any part of their shoe touching beyond the board will be a scratch and will count as an attempt but no distance will be recorded.

The jump will be measured from the front edge of the board (closest to the sand) to the point touched by any part of the body that is closest to the board. If a jumper falls backward after landing, the point of contact by any part of the body that is closest to the board is the spot of measurement.

Jumpers will be allowed to mark their starting point on the runway with chalk or tape. When one flight is finished with their jumps, the next flight will be called.

Judges will circle the best jump for each athlete. They will indicate the top 6 distances for each age/gender group and send the sheets upstairs for verification after each age/gender group is completed.

There should be two adults to measure the jumps and one judge to decide scratches, call the athletes and record the distances. There must also be at least one person to rake the pit after each jump has been measured. Sand should be raked INTO the pit—outside in.

Athletes who are in other events must report to the judge and tell him/her that they will be competing and will return immediately after their event. In this case, the group should continue without that contestant. If that group finishes before the athlete returns they will be put in the next group.

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## Softball Throw

Competition will be in flights according to age/gender.

All athletes must check in with the judge when their flight is called. If they are competing in a running event, they must check in, tell the judge they are running, and return as soon as possible and check back in with the judge. They will be allowed to complete their throws even if their group is finished if they return within a reasonable time.

12" softballs will be used.

Each athlete will be allowed 3 practice throws.

Athletes will throw in order as called by the judge.

An unlimited run up is allowed, however, the athlete must throw from behind the line and must stay in position behind the line until the throw is marked. They must exit from the back of the box and not across the throwing line. Failing to do either of the above will result in a scratch.

Each athlete is allowed three throws to be recorded.

The throws will be measured from the throwing line to the spot where the ball first landed. The ball must land within the extended side boundaries of the throwing area as marked.

If the athlete steps over the throwing line or touches any part of their body over the throwing line, throws outside of the throwing area, or exits to the front over the line a scratch will be recorded.

Judges will circle the best throw for each athlete. They will indicate the top 6 distances for each age/gender group and send the sheets upstairs for verification after each age/gender group is completed.

There should be two adults to measure the throws and one judge to decide scratches, call the athletes and record the distances. There should also be 2/3 people (could be students) to chase and return the balls.

## Shot Put

Competition will be in flights according to age/gender.

All athletes must check in with the judge when their flight is called. If they are competing in a running event, they must check in, tell the judge they are running, and return as soon as possible and check back in with the judge. They will be allowed to complete their attempts even if their group is finished if they return within a reasonable time.

8 pound shots will be used.

Each athlete will be allowed 3 practice attempts.

Athletes will throw in order as called by the judge. Athletes should not be allowed to do two or three attempts in a row unless they have returned from a running event and their flight is finished.

The athlete must stay within the circle from beginning to end of their attempt and must stay in position within the circle until the attempt is marked. They must exit from the back of the box and not across the throwing line. Failing to do either of the above will result in a scratch. A scratch will also be recorded if any part of the athlete touches outside of the throwing circle.

Each athlete is allowed three attempts to be recorded.

The puts will be measured from the inner most edge of the box to the front (closest to the circle) of the spot where the shot landed. The shot must land within the extended side boundaries of the throwing area as marked.

If the athlete steps over the throwing line, throws outside of the throwing area, or exits to the front over the box a scratch will be recorded.

Judges will circle the best attempt for each athlete. They will indicate the top 6 distances for each age/gender group and send the sheets upstairs for verification after each age/gender group is completed.

There should be two adults to measure the distances and one judge to decide scratches, call the athletes and record the distances. There should also be 2/3 people (could be students) return the shots.

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