

Rule 6

Throwing Events

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.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial/attempt is all of the competitor's actions that occur from when the time limit begins until the official has determined, through the use of the flag or verbal indication, a fair or foul trial. Each competitor is allowed a specific number of trials.

NOTE: Actions by a competitor cannot be a foul after the official has ruled the trial fair. This does not negate the immediate correction of a mistaken action by the official.

ART. 2 . . . A flight is a round of trials for a group of competitors in a throwing event. A round is the completion of all trials of one rotation of the order of competitors for throwing events.

ART. 3 . . . A pass is used to forgo a trial.

ART. 4 . . . To qualify is to earn the right to participate in the finals.

ART. 5 . . . A foul throw is one that is counted as a trial but that is not measured as a result of a violation of the rules.

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. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a throwing event, a competitor shall have had at least one legal throw.

ART. 2 . . . The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed for competition. This order shall be determined by lot or by the games committee.

ART. 3 . . . One or more competitors than there are scoring places shall qualify for the finals. 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 If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.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. 4 . . . The order of competition in the finals shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order.

ART. 5 . . . To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in preliminary or final rounds of any throwing event by any method. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return. The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

ART. 6 . . . If weather or other conditions might result in unfairness to any competitor, the referee may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 7 . . . In meets with limited entries, the games committee may allow all competitors just four total trials, replacing the preliminaries and finals format. (See Rule 3-2-4e)

ART. 8 . . . Contestants shall report promptly to the head event judge at the designated location when the event is announced.

ART. 9 . . . A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the athletic challenge (throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for a trial. Competitors excused to partic-

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

ipate in another event shall not be called for a trial. A pass shall be communicated to the event judge before the start of the trial clock.

ART. 10 . . . 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. 11 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 12 . . . In two-session meets, it is recommended all competition in the throwing events be conducted in one session.

ART. 13 . . . For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use them.

ART. 14 . . . 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 result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

ART. 15 . . . Declination 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 flagged well outside the sector lines to enhance the safety of spectators and athletes.

ART. 16 . . . To obtain a better grip, competitors can 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. 17 . . . A competitor shall not use an illegal implement during warm-up or competition.

NOTE: If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded. If the implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

ART. 18 . . . A competitor shall not place personal reference marks in the landing sector of any throwing event.

PENALTY: (Articles 17 and 18) 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 best distance.

ART. 2 . . . When there is a tie at any distance of a throwing event, places and points scored shall be awarded as follows:

- a. 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.
- b. If after (a) the tie remains, the higher place is awarded to the tied competi-

tor 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)	1.6 kg. (3.527 lb.)	1.0 kg. (2.205 lb.)
Diameter (minimum)	209 mm (8.228 in.)	180 mm (7.087 in.)
(maximum)	211 mm (8.307 in.)	182 mm (7.165 in.)
Diameter of Core (minimum)	50 mm (1.968 in.)	50 mm (1.968 in.)
(maximum)	57 mm (2.244 in.)	57 mm (2.244 in.)
Thickness of Center (minimum)	40 mm (1.575 in.)	37 mm (1.457 in.)
(maximum)	42 mm (1.654 in.)	39 mm (1.535 in.)
Rim thickness ¼ inch From Edge:		
(minimum)	12 mm (0.472 in.)	12 mm (0.472 in.)
(maximum)	13 mm (0.512 in.)	13 mm (0.512 in.)
Radius of Edge	6 mm (0.236 in.)	6 mm (0.236 in.)

ART. 3 . . . The throwing circle shall be level and 8 feet, 2½ inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ 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.

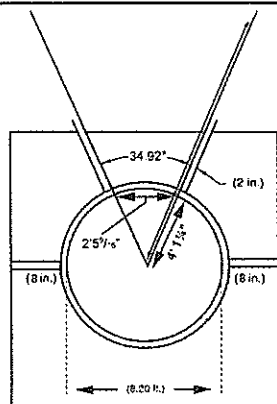
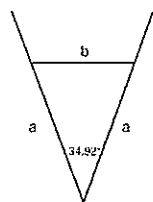


Figure 3



a (meters)	b (meters)
5	3
10	6
15	9
20	12
25	15
50	30
75	45

Figure 4

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. (Figure 3)

ART. 5 . . . A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The inside edges of these lines shall mark the sector. 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 an 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. **Refer to above figure or see Appendix B for setting up the sector.** (Figure 4)

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. **See Appendix A for options regarding dimensions of the cage.**

NOTES:

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 flagged well outside the sector lines to minimize the risk of injury for spectators and athletes.

ART. 7 . . . Taping of any part of the throwing hand or fingers shall not be per-

mitted 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 purposeful action of completing the requirements of the athletic challenge of the event within one minute after the competitor's name is called.
- b. After stepping into the circle, fails to pause before starting the throw.
- c. After starting the attempt, touches any surface 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. Leaves the circle before the implement has landed.
- g. 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)	5.443 kg (12 lb.)	4.0 kg (8.818 lb.)
Diameter (minimum)	98.4 mm (3.875 in.)	95 mm (3.740 in.)
(maximum)	117.5 mm (4.625 in.)	110mm (4.331 in.)
Circumference (minimum)	12 ¹ / ₈ in. (30.91 cm)	11 ³ / ₄ in. (29.84 cm)
(maximum)	14 ¹ / ₂ in. (36.91 cm)	13 ³ / ₈ in. (34.56 cm)

The maximum diameter for the boys indoor shot is 137.5 mm and for the girls indoor shot is 130 mm to account for the synthetic cover.

ART. 3 . . . The putting circles shall be level and 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 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. A concrete surface with a 1/64 inch (1 millimeter) roughness is recommended. (Figure 5)

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. (Figure 6)

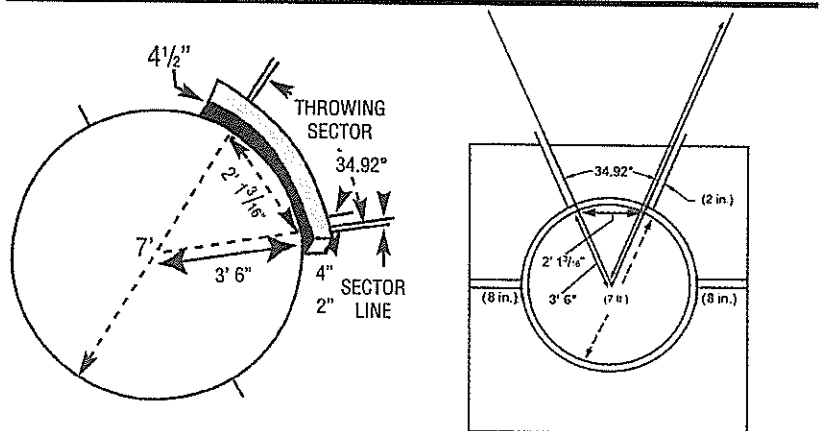


Figure 5

Figure 6

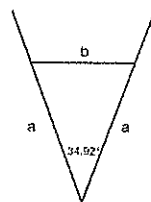


Figure 7

a (meters)	b (meters)
5	3
10	6
15	9
20	12
25	15
50	30
75	45

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 to form an area into which legal puts must be made. The inside edges of these lines shall mark the sector and the lines shall be placed equidistance from the ends of the stopboard. Refer to Figure 7 or see Appendix B regarding setting up 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 throwing hand 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 purposeful action of completing the requirements of the athletic challenge of the event (trial) within one minute after the competitor's name is called.
- After stepping into the circle, fails to pause before starting the put.
- After starting the attempt, touches any surface 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.
- Leaves the circle before the implement has landed.
- Does not exit the back half of the circle.
- Uses the "cartwheel" technique of shot putting.

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 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 6 JAVELIN THROW

ART. 1 . . . The javelin shall be constructed of metal or other suitable material with a metal point or rubber tip. A whipcord binding shall be placed around the shaft at the center of gravity. The outer diameter of the binding shall not exceed the shaft diameter, immediately forward of the binding, by more than 8 mm. Wrapping the whipcord binding with tape is prohibited.

Specifications for the alternate rubber tip used in lieu of the metal point:

Overall length of rubber tip	35-77 millimeters
Diameter of front of rubber tip	14-35 millimeters
Thickness at front of rubber tip	5 millimeter minimum

NOTE: When a rubber tip is used, the metal point shall end in a slightly rounded button-shape or other feature onto which the rubber tip shall be attached. The tip should be made of rubber or an equivalent soft plastic.

ART. 2 . . . The javelin shall meet all IAAF specifications. The most important specifications are outlined below:

	Boys Competition	Girls Competition
Weight (minimum)	800 g (1.764 lb.)	600 g (1.323 lb.)
Overall Length		
(minimum)	260 cm (8 ft. 6 3/8 in.)	220 cm (7 ft. 2 5/8 in.)
(maximum)	270 cm (8 ft. 10 5/16 in.)	230 cm (7 ft. 6 9/16 in.)
Length of metal head		
(minimum)	25 cm (9.842 in.)	25 cm (9.842 in.)
(maximum)	33 cm (12.992 in.)	33 cm (12.992 in.)
Distance from tip of metal head to center of gravity		
(minimum)	90 cm (2 ft. 11 7/16 in.)	80 cm (2 ft. 7 1/2 in.)
(maximum)	106 cm (3 ft. 5 3/4 in.)	92 cm (3 ft. 1/4 in.)
Diameter of shaft at thickest point, front of grip		
(minimum)	25 mm (0.984 in.)	20 mm (0.787 in.)
(maximum)	30 mm (1.181 in.)	25 mm (0.984 in.)
Diameter of tail midpoint		
(minimum)	No less than 90% of diameter of front of grip	No less than 90% of diameter of front of grip
Diameter of front midpoint		
(maximum)	No greater than 90% of diameter of front of grip	No greater than 90% of diameter of front of grip
Width of cord grip		
(minimum)	15 cm (5.906 in.)	14 cm (5.512 in.)
(maximum)	16 cm (6.299 in.)	15 cm (5.906 in.)

ART. 3 . . . The runway for the throw should have a minimum length of 120 feet (36.5 meters) and shall be marked by two parallel lines, 13 feet, 1 1/2 inches (4 meters) apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches (8 meters) as shown on Figure 7. The foul-line arc shall be marked with white marking material or a white metal, plastic or wood band 2 3/4 inches (7 cm) in width. If using a band, the top surface shall be level with the throwing surface. The line or band shall be in the throwing sector with the edge toward the runway coinciding with the foul-line arc. A line 2 3/4 inches (7 cm) in width and 2 feet, 5 1/2 inches (75 cm) in length shall be placed or painted on each side of the runway perpendicular to the side boundaries at the intersection of the foul-line arc and the inside of the side boundary lines. The athlete must exit behind the intersection of the arc and the foul line. (Figure 8)

ART. 4 . . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches (8 meters) from the foul line. (Figure 8)

ART. 5 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial. (Figure 8)

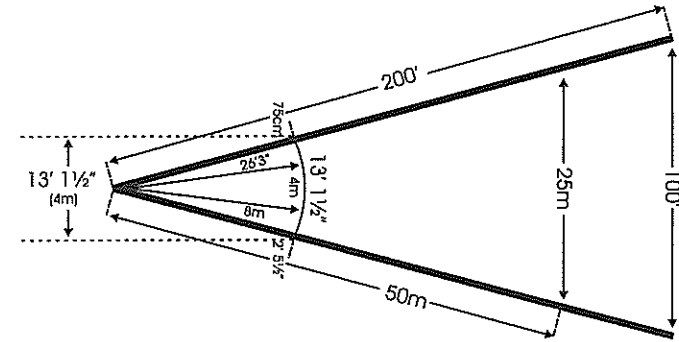


Figure 8 - JAVELIN RUN-UP LANE

ART. 6 . . . Taping of any part of the throwing hand 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. 7 . . . Meet management may permit the use of approved footwear other than track shoes.

ART. 8 . . . A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft. In gripping the javelin, the thumb and forefinger, or the thumb, forefinger and middle finger or the forefinger and middle finger of the throwing hand may touch the shaft behind the whipcord grip.

ART. 9 . . . If a legal javelin breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded. If the implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

ART. 10 . . . The point of contact shall be within the sector made by extending radii of the foul-line arc through the intersection of the arc with the runway lines. The lines which mark the throwing sector are outside the limits of the sector.

ART. 11 . . . It is a foul if the competitor:

- a. Makes a 360-degree turn before the javelin is released.

- b. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- c. Throws the javelin so it does not fall within the sector line.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw is marked.
- e. Fails to hold the javelin by the whipcord grip.
- f. Exits the runway before the implement has landed.
- g. Fails to exit the runway behind the foul-line arc and the perpendicular side extensions after the javelin has landed.
- h. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within one minute after the competitor's name is called.

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

ART. 12 . . . The measurements shall be from the nearest edge of the first point of contact made by the javelin to the point on the inside edge of the circumference of the arc nearest such contact and in line with the center of the circle 26 feet, 3 inches behind the arc.

ART. 13 . . . 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 foul line.