

RULES FOR THE EVENTS

Standing Long Jump: 3 non-consecutive jumps.

The competitors jump with both feet on or before the scratch line. If they go beyond the scratch line the jump does not count. The jump is measured at the nearest spot to the scratch line the competitors' body touches the sand. So, if a competitor lands in the sand and puts their hands back to steady themselves, then the jump is counted from the point where the hands are. The sand is raked flat between each jump.

Running Long Jump: 3 non-consecutive jumps.

The competitors may take a run-up of unlimited length, as long as they jump on or before the scratch line. If they go beyond the scratch line the jump does not count. The jump is measured at the nearest spot to the scratch line the competitors' body touches the sand. So, if a competitor lands in the sand and puts their hands back to steady themselves, then the jump is counted from the point where the hands are. The sand is raked flat between each jump.

Shot Put: 3 non-consecutive throws.

The shot is held between one shoulder and the chin and is thrown with one arm only. It cannot be held behind the line of the shoulders. The competitor must start and finish within the circle. They can enter the circle from any direction, but must leave it from the back half. They must not leave the circle until the shot has landed.

Softball Throw: 3 consecutive throws.

The competitors may take a run-up of unlimited length, as long as they throw on or before the scratch line. If they go beyond the scratch line the throw does not count. The total distance equals the length of the throw minus the distance off the line.

High Jump:

The bar will start at the predetermined height and move up 1 inch until a winner is determined. The familiar phrase "getting out of the pit" does not apply. If the bar falls off, it will be up to the judgement of the official whether or not the falling of the bar was caused by the jumper. If so, it will be called a miss. If wind, and only wind knocks off the bar, the official may call a re-jump or good jump depending on the circumstances.

The jump must be made from one foot and cannot be a forward diving motion.

Ties will be broken in this order:

1. fewest number of misses at tied height
2. fewest number of misses totally
3. fewest number of attempts

3 misses at a height eliminates a jumper.

Starting heights for high jump:

	<u>Boys</u>	<u>Girls</u>
2 nd grade	2'6"	2'4"
3 rd grade	2'8"	2'6"
4 th grade	3'0"	2'10"
5 th grade	3'4"	3'2"
6 th grade	3'6"	3'4"
7 th grade	3'10"	3'6"
8 th grade	4'0"	3'8"