

GYTOA Local Rules Meeting

March 11, 2024

- Field Events
- Discus
- Shot Put
- Long Jump
- High Jump
- Pole Vault

Tournament changes

- Bib numbers
- Required 3 meter line
- Checking in and out of field events
- Electronic start
- Starting heights and progressions – regional only
- Seeding at state – 8 lanes

Field Referee/Head Field Judge

- NFHS Manual – p. 24
- Rule 3-10 – Field Judges (NFHS Manual pp. 25-40 including various field events)
- Jurisdiction over all field events, oversee weighing and measuring of implements, check records, check vaulting poles (may be delegated to head event judge)
- Check and certify all event sheets before they are given to scorer

Shot Put/Discus

- What do you need?
 - Highlighter to indicate best marks, tie breakers, qualifiers
 - Tape measure?
 - From meet management: scoresheet, tape measure, broom, scale, red/white flags
 - Information: entries, flight assignments, prelims or finals only, scoring places, marks on legal implements, scratch lines?
 - Personnel: marker, measurer, recorder, returner(s), tape puller
- Safety
 - Ensure the cage meets all rules standards, all spectators are an appropriate distance away from the cage and sector lines.
 - Stress that everyone including athletes, officials and spectators are facing the circle and sector at all times
 - Police the use of electronic devices in the area.

Shot Put/Discus

- Weights and measures
 - Scale (preferably certified)
 - Different weights for HS boys (12 lbs, 1.6 kg), HS girls (4.0 kg, 1.0 kg), MS boys (4.0 kg, 1.0 kg), MS Girls (6 lbs, 1.0 kg)
 - Templates – minimum and maximum diameters
- Before the athletes show up
 - Check sector, toe board, ring
 - Sector lines marked on toe board (SP)
 - Point of Emphasis – safety in the sector
- Pre-competition meeting with athletes
 - How many advance, order of rotation, quick uniform check
 - Reminder about being excused for other events (note on scoresheet)
 - Scoring places

Shot Put/Discus

- Where do you stand?
 - Must see feet and ring – may need to move during throw!
 - Don't distract athlete
 - OUTSIDE DISCUS CAGE
 - In sector (marking): beyond throwers' range, to the side if possible
 - Use red flag for foul, white flag for good throw
- Throwing order
 - Either 4 throws or 3 + 3 – scratch lines can be used – games committee decision
 - Up, On deck, On hold, then call "Up" again to start time limit
 - Order by lot, or by games committee
 - Can change order to accommodate athletes in other events
 - Don't have to throw in single rotation – can throw 2 + 2, 2+ 1+1, etc. – established by games committee

Shot Put/Discus

- Measuring
 - From inside edge of toe board (or ring)
 - To mark nearest the ring
 - Pull tape through center mark
 - Shot put –nearest lesser ¼"
 - Discus – nearest lesser inch (NO FRACTIONS)
 - Call loudly
 - Mark clearly, write legibly
 - Indicate **best** mark for **each** athlete, including NM, Foul, Scratch
 - Indicate **clearly** marks used to break ties
 - If prelims and finals, transfer best mark from finals to prelim sheet, especially if it's an improvement

Scoresheet

East Palestine High School
 Wm. E. Ward EP Girls Invitational - 4/8/2023
 Road Municipal Stadium, East Palestine, OH
 Field Score Sheet - Field event

Event 13 Boys Discus Throw Flight 2 of 2
 Wind: 100-00 1000 Disc Tether: Back-throw, Back-throw
 Road Grades: 100-00 6/14/2014 Christian Smith, McDonald, McDonald

		Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Best	Place
1	Justin Rizzo 12								
	Leontas	106-06							
2	Christian Miller 11								
	Col. Crestman	110-00							
3	Alan Terrell 11								
	Salim	112-06							
4	Tim Mello 12								
	Moseley	113-07							
5	Tim Johnson 12								
	Leontas	115-03							
6	Kyle Cassell 12								
	Young, Vile	115-05							
7	Douglas Whatchell 10								
	Callahan	110-05							
8	Joseph Johnson 12								
	Young, Vile	113-10							
9	Ryan Terrell 12								
	Brookfield	140-10							

	Attempt 1	Attempt 2	Attempt 3
12			
heran	10-01.00		
0	17-11.75	17-1.25	16-9.25 F
omas 7	19-06.00	23-8.3	25-6.2
11	20-00.00	22-6.6	26-3
	22-07.00	21-1	23-1/2
rock 11	23-00.00	28-2	26-1 1/2
	23-07.25	25-7	24-5 1/4

Shot Put/Discus

- Rule 6, especially 6-4 and 6-5 (NFHS Manual pp. 27-30)
- Smooth surface – no dents, projections that can provide a finger hold – check rubber discus after each throw
- 1 more than scoring to finals
- Qualifiers to finals – ties advance – throw in reverse order
- Marks from prelims carry over – make sure they are indicated clearly
- Leaving the ring to correct a violation (Case book, 6.6.9, situation D)
- Fingers may now be taped, but not together– 6-4-1
- Wrist wraps may be anchored around the thumb
- Chalk or adhesive is OK
- Only legal implements allowed in warm-ups (college shot is **NOT** OK)
- Flights must be of at least 5 (6-2-18)
- Wet ring – safety issue

Shot Put/Discus

- What is a foul? Rule 6-4-3, 6-5-2
 - 1 minute time limit
 - Don't pause when entering the ring
 - Touch top of or outside ring/toe board
 - Lands on or outside sector line (get help from marker)
 - Hits cage or other object outside sector
 - Leaves ring before implement lands
 - Leave from front half of ring (should be marked clearly)
 - Shot put: can't drop below collar bone or behind shoulder
 - Cartwheel technique in shot put
 - Footwork at back of ring must be watched closely
 - Foot can go over ring, just not touch it
 - Hitting the inside of the ring is **NOT** a foul, even if the ring makes some noise

Breaking Ties

- Rule 6-3 – 2nd best effort, then 3rd and so on
- Example

Name	1 st	2 nd	3 rd	4 th	Best	Place
Mike	52-3	50-5 ¼	49-4	49-8	52-3	4
Bill	53-8	56-2	55-9	54-7	56-2	1
Bob	50-2	52-3	51-10	51-0	52-3	3
Frank	51-11	50-11 ¼	51-8	52-3	52-3	2
Sam	45-7	46-11	48-8 ¼	47-8	48-8 ¼	5

Breaking the tie

- In this example, Bill is clearly the winner with a throw of 56-2
- Frank and Bob each have a best throw of 52-3
- To break the tie, note that Frank's 2nd best effort is 51-11, while Bob's is 51-10
- Therefore, Frank is 2nd and Bob is 3rd
- You should note the tie-breaking efforts on the scoresheet before you submit it

All Jumps

- NFHS Manual – pp. 31-41
- What should you bring?
 - Straight edge - LJ
 - Highlighter for passes, eliminated (HJ, PV)
 - Measuring tape?
 - Chalk – HJ
 - Stop watch
- What do you need from the host school?
 - Material - Tape measure with a stick at the end, scoresheet
 - Personnel - Raker, recorder, marker, cross bar replacer
 - Information - Entries, scoring places, prelims or finals only, scratch lines, open pit or flights, starting heights, jumping order, records, what markings are allowed

Safety

- Hard surfaces and objects – remove/pad them
- High Jump... Make sure the landing pads are of legal dimension and no hard/sharp objects surround the mats.
- Long Jump... Ensure the sand has been turned over and there are no hard spots or rocks. Ensure the athletes and officials understand what the signals will be for when the pit/runway are ready for the next attempt.
- Pole Vault... Make sure the landing pads are of legal dimension and no sharp objects surround the mats. Ensure all hard objects around the landing pads are covered with 3 inches of padding or are moved at least 5 feet away. Ensure all poles are properly inspected and meet all rules specifications.

Long Jump

- When should you be at the pit?
 - Athletes need to check in, warm up
- Before the athletes get there
 - Check condition of board, pit, runway
 - Mark scratch line, meet record – outside the pit!
 - Confer with head field judge or referee
 - Place measuring tape along runway so athletes can get marks
- Safety!!
 - No running backwards on runway
 - When to jump/run-through, when not to

Long Jump

- Checking in athletes
 - Uniforms
 - Assign jumping order number, or open pit
 - Number athletes hand?
- Pre-competition meeting with athletes
 - Remind about open pit time limits (set by games committee)
 - Choice of boards when available
 - Uniform reminder
- Checking out athletes for races
 - Is there a time limit for checking out to another event?
 - Write down the time they left and what event!
 - Flexibility
 - They can come back and get in more jumps after they check in!

Long Jump

- Where do you stand?
 - Outside the pit, at the foul line
- Calls if jumping in rotation
 - Up, On Deck, On hold, then Up again – start clock
 - Jumping out of order in finals
- Measuring jumps
 - From edge of board nearest the pit
 - **To mark made nearest the foul line** (dragging hand, etc.)
 - **Check both if close**
 - Measure perpendicular to board – extend foul line of necessary (straight edge)
 - Nearest lesser ¼"

Notice on the scoresheet:

- Error on Katie – 3 consecutive misses, she should have been eliminated
- Tie at 11-6 – broken by misses at tied height
- Tie at 10-6 – unbroken – no misses at tied height by either athlete, 1 total miss by each athlete – points get split – note the place for each athlete listed as “6t” to denote tie
- Same principles would apply to high jump

High Jump/Pole Vault

- Other issues
 - When do time limits change? Chart, page 41: 3 athletes
 - Use highlighters to indicate passed heights, or jumper eliminated
 - Wind – forces disassociated with the competitor (6-2-24)
 - Helpers and their roles
 - Run through without bar if passed 3 consecutive heights
 - Excused to participate in another event
 - Myths
 - Debris on jumping surface
- Rules to apply
 - 6-1, 6-2, 6-3
 - HJ & PV: 6-8

Pole Vault

- Pole Vault issues
 - Pole taping – cannot be rolled so that it becomes a hand hold
 - Pole rating
 - Coaches’ certification of training and weight
 - Upper hand hold – moving hands
 - Standards bolted down
 - Moving standards
 - 2 minute warmup (per athlete) after passing 3 consecutive heights
 - Tailwind/Headwind
 - Leaving the ground
 - Time limit – page 41 chart
 - Coach for steps
 - Pole catcher – stopping the pole from knocking cross bar down
 - Steadying the bar with your hand

Final Comments

- Useful training videos:
 - https://www.youtube.com/playlist?list=UUHd6fGN_Az-6SD6lk2fUsTw
- Link at gytoa.com
 - Includes one on 5 alive!
- OHSAA online local meetings - #1 now available via MyOHSAA
- Outdoor meeting on the track at Fitch on March 24, 2 pm – meet at the finish line.
- Last meeting of the year – April 21, Crestview HS – 2 pm