

LONG JUMP / TRIPLE JUMP

Each competitor will be given 3 jumps. The top 8 competitors will be given 1 more jump. Once the 8 competitors have jumped again, the order will be determined by the jumper's BEST jump out of the 4 attempts.

A jump is to be measured from the mark in the landing area made by any part of the body or limbs that is nearest to the take off line or its extension. The distance shall be measured to the nearest centimetre below the distance covered.

If the competitor fails in his/her attempt (ie: crosses the take-off board), the official will not measure the attempt.

- ** In measuring performances, the zero "0" end of the tape shall be in the pit and the reading is done at the take-off board for long jump and triple jump.
- Long jump: If a plasticine board, soft earth or sand is used by the take-off it is a failure if a visible impression is made by the competitor.
- Triple jump: It is NOT a failure in itself if a competitor takes off before reaching the take-off board. The measurement will be taken at the line that the competitor did not go over.

TO BREAK TIES:

- ** Ties shall be broken on the basis of the second best performance.
- ** If it is still a tie, then the 3rd best performance shall determine the tie.

HIGH JUMP

Starting heights:	Atom girls & boys	(1.10 cm)	
	Bantam girls	(1.10 cm)	Bantam boys (1.15 cm)
	Intermediate girls	(1.20 cm)	Intermediate boys (1.25 cm)

A competitor may commence jumping at any height above the minimum heights and may jump at his own discretion at any subsequent height. Three (3) consecutive failures will disqualify the competitor from further jumping.

NOTE: THE EFFECT OF THIS RULE IS THAT A COMPETITOR MAY FOREGO HIS 2ND ATTEMPT AT A PARTICULAR HEIGHT, AFTER FAILING THE 1ST TIME AND STILL JUMP AT A SUBSEQUENT HEIGHT.

- ** As soon as the competitor leaves the ground or passes the plane of the bar, it shall be counted as trial jump, if in the opinion of the judge a definite attempt has been made.
- ** A competitor MUST take off from 1 foot (2-foot take offs are illegal).
- ** The jump is considered a failure if the competitor dislodges the bar.

- ** The cross bar shall be raised by five (5) centimetres each time, until only 3 are competing. It is then raised by 3 or 5 cm each time depending on the jumpers' requests (lowest request stands).
- ** If a jumper is also in a track event, the official may allow a trial to be taken out of order. No competitor is allowed more than 1 trial in any round and missed trials cannot be made up later in the competition. If the competitor is not present when the round is completed, it will be assumed that he has passed that height. (Please use your own judgement.... but do not raise and lower the bar many times to accommodate those competitors)

TO BREAK TIES:

- a) The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b) If it is still a tie, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c) If the tie still remains after (b) and concerns 1st place, the following shall apply:
 - the tying competitors shall have 1 more jump at the lower height at which they failed.
 - If no decision is reached, the height of the bar shall be lowered or raised to the heights previously announced by the official until the tie is broken.
 - Tying competitors shall jump in the same order as in the competition.
 - They shall make 1 attempt ONLY at each height and must jump on each occasion that the height of the bar is altered.

RUNNING SOFTBALL THROW: (11" Incrediball)

Each competitor will be given 3 attempts. The top 8 competitors will be given 1 more throw. Once the 8 competitors have done their 4th throw, the placing will be determined by the thrower's BEST throw out of the 4 attempts.

- ** In measuring performances, the zero "0" end of the tape shall be in the grass and the measurement is taken from the line painted on the runway.
- ** Distances shall be measured to the nearest cm.
- ** The throw is measured from the ball's first point of contact (1 official will place a nail in the ground where the ball lands) to the line where the competitor has thrown from.
- ** It is a failure if the thrower crosses the line... the throw will not be measured.

TO BREAK TIES:

- ** Ties shall be broken on the basis of the second best performance.
 - ** If it is still a tie, then the 3rd best performance shall determine the tie.
-

SHOT PUT: (weight 6lb except for int. boys 8lb)

Each competitor will be given 3 attempts. The top 8 competitors will be given 1 more attempt. Once the 8 competitors have done their 4th shot, the placing will be determined by the thrower's BEST put out of the 4 attempts.

- ** In measuring performances, the zero "0" end of the tape shall be in the pit (sand) and the measurement is taken from the inside of the toe board (with the tape extended in a straight line to the centre of the throwing circle).
- ** The shot shall be put from the shoulder with one hand only.
- ** At the time of the commencement of the put, the shot shall touch or be in close proximity to the chin.
- ** The shot must not be brought behind the line of the shoulders at any time.
- ** Up to the time of the release of the shot, the hand must not be dropped below its starting position.
- ** A thrower must commence the throw from a stationary position inside the circle. He/she is must NOT touch the top of the toe board.
- ** The competitor must not leave the circle until the implement has touched the ground. The competitor must also exit the circle from behind the center line.
- ** If the thrower contravenes any of the above, it shall be an invalid throw.

TO BREAK TIES:

- ** Ties shall be broken on the basis of the second best performance.
- ** If it is still a tie, then the 3rd best performance shall determine the tie.