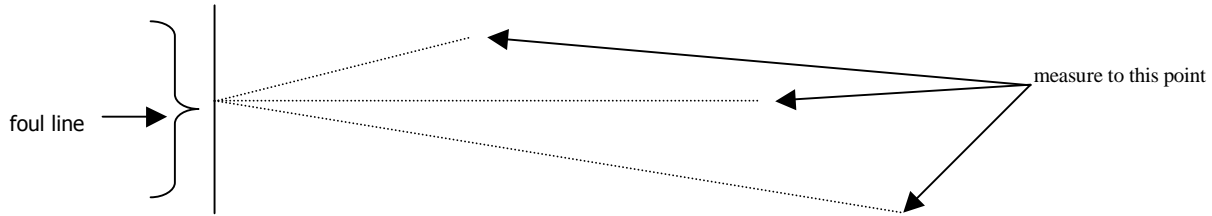


BASIC THROWING RULES



- Throwing event may begin during relays (for athletes not in relays). At least one adult from two different school must be present. One school will be assigned to officiate.
- All practice throws will be made before onset of first scoring throw. **NO PRACTICE** throws once counted throws have begun.
- Length of run up to line is throwers preference
- Thrower **can not** cross foul line during follow-through. If they do, it is counted as a fault.
- A fault is called immediately after the throw in which it occurs.
- Each throw is staked with only the stake of the furthest throw remaining. This process is continued for the first four throws so that 4 stakes are in the field at all times. **NO MORE THAN 4 STAKES!!**
- On the fifth throw, if an athlete's furthest throw is beat by someone else, their stake is removed and they are eliminated.
- This process is repeated until all throws are made, and only the four furthest throws remain. These are measured from a center point and recorded. (***AFTER ALL THROWS ARE COMPLETE- DO NOT MEASURE ANY THROWS UNTIL ALL THROWS HAVE BEEN MADE!!!!***)
- Measurement is done where the ball hits (not bounces to) in feet and inches to the lesser inch and from a central point (see diagram above).
- If throwing has begun and a participating athlete is coming back from a relay, if they are past his/her name, he/she should go to the end of the line.