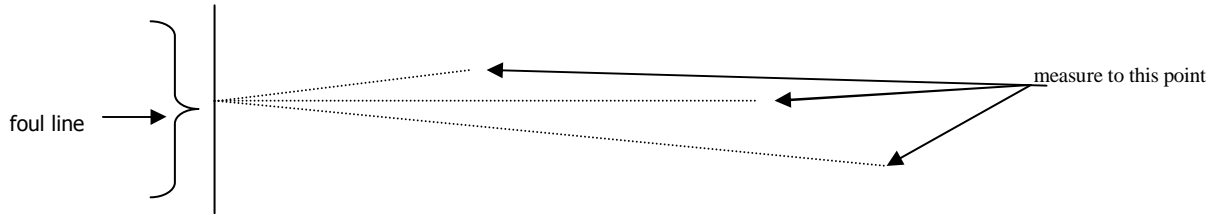


# THROWING RULES



- Throwing event may begin during relays (for athletes not in relays). At least one adult from two different schools must be present. Two schools will be assigned to officiate.
- **One** practice throw per athlete can 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 **cannot** 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.
- Stake each throw for each participant but only leave the top four throwers from each age group in the field (unless there is a possible tie for fourth). **NO MORE THAN 4 STAKES!!** After all participants have thrown in each age level, measure the top four from the **centerpoint** of the throw line **directly** to each stake as pictured above. Do not eyeball. (***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 ½ inch and from a central point (see diagram above).
- If throwing has begun and a participating athlete is coming back from a relay and they are past his/her name, he/she should go to the end of the line. However, allow those who have to run in an 800 or mile to go ahead of the line.
- TIE BREAKER: If two athletes have tied, a throw off will determine the winner.