SAFETY CONSIDERATIONS

POLE VAULT

A. Landing Area
   1. Front edge of landing pad immediately behind the planting box shall not be placed more than 3" from the top of the back of the planting box.
   2. Front pad shall be attached to the main landing pad or encased in a common cover.

B. Cross Bar
   1. Must be non-metal

C. Planting Box
   1. Front edge shall not extend above the grade of the runway surface.
   2. Use of box collars is mandatory.

D. Hard and Unyielding Surfaces
   1. All surfaces around the landing pit shall be padded or cushioned with a minimum of 2" dense foam or other suitable material.
   2. The space between the stop board and landing pad should also be covered with 2" padded material (box collar).
   3. Gymnastics tri-fold mats are only 1 ½" thick; therefore, if used, two would be required.

E. Upright Standards
   1. Standards
      i. Must be anchored in a way so as to prevent them from tipping over.
      ii. All exposed projections on the base of the standards or uprights must be padded or covered with 2" of padding. Adjustment knobs must be located on the outside of the standards.
      iii. The standards or uprights must be set to position the cross bar from a point 15 ½" to 18" beyond the vertical plane of the top of the stop board, up to a maximum distance of 31 ½" in the direction of the landing surface.
   2. Zeroing the Standards
      i. See separate handout for this procedure.
      ii. Standards should be zeroed prior to the first meet and a permanent extended line ½" wide drawn through the top (zero point) extending 10' on each side of the box.

F. Pole Used by Vaulters
   1. Competitor's weight shall be at or below the manufacturer's pole rating. Manufacturers must include on each pole: 1) the pole rating in a minimum of ¾" inch contrasting color located within or above the top handhold position, and 2) a 1" circular band indicating the maximum top handhold position (position determined by manufacturer).
   2. Competitor shall not use a variable weight pole or a pole which is improperly marked.
   3. PENALTY: Disqualification from event.
      i. Prior to warm-ups, the Meet Referee shall inspect each pole to be used in competition to verify that the poles are legal. This includes checking the placement of numerical pole ratings and the top handhold band.
         1. The pole should be measured. Altering the pole in any fashion renders the pole illegal.
         2. If a pole vault competitor wishes to use the pole of another competitor, the owner must give consent. The event judge must then approve the use of the borrowed pole and verify it is weight appropriate.
      ii. It is the responsibility of the coach to verify the competitor has weighed in and will use a legal pole rated at or above his/her weight. This must be recorded on the appropriate SDHSAA form ("Pole Vault Weigh-In Form"). The event judge should record the weight of each vaulter next to their name on the scoring form, as this information has to be readily available to the judge, Meet Director or Referee as appropriate. After stepping on the runway, the field judge must confirm that the athlete is using an appropriate pole. PENALTY FOR VIOLATION: Foul for the attempt.

G. Marks on the Runway
   1. Meet management may provide check marks, not more than 3" long, on the runway. Starting at the back of the planning box, mark intervals in the following manner: 6', 7', 8', 9', 10', 11', 12', 13', 20', 30', 40', 50', 60', 70', 80', 90', 100', 110', 120'. Include the mark in the measurement. Meet management may also place a mark on the runway 100' from the stop board.

H. Pole Vault Coaching Box
   1. It is recommended a coaching box be painted on the cover of the landing pad that is at least 8' deep and 10' wide. The box would start 3'6" back from the back edge of the vault box.

2. The purpose of the coaching box is to serve as a guide to help coaches and athletes make good decisions and performance adjustments.
3. For the safest and most efficient vaulting, vaulters head and should land inside the box during all drills and competitive jumps.

HIGH JUMP

A. Landing Pad
    1. The rule requires 2" thick padding for all surfaces extending out from under the sides and back of the landing pad with padding similar to the Pole Vault. All areas around the landing pad will be padded as specified for the Pole Vault. Again, the width of the padding should be what a prudent person would choose.
B. Upright Standards
    1. Adhesive tape, chalk, or paint should be used to mark the location of the standards, which cannot be moved during competition.
C. Crossbar
    1. Only non-metal, square or circular crossbars may be used

THROWING EVENTS

A. Discus Cage Guidelines – see Appendix A of NFHS Rules Book
    1. Can be portable or permanent
    2. Should be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.
B. Shot Put stop board
    1. The 34.92-degree sector must be clearly (permanently) marked to delineate the sector lines.
C. Javelin
    1. The javelin sector is set out in a similar manner to shot put except the sector angle is 28.96 degrees, which is the angle between the two equal sides of an isosceles triangle having the unequal side 0.5 times the length of the equal sides and is mathematically expressed as 2 arcsin (0.25)
    2. It is recommended that all throwing areas be cordoned off with rope, fence or flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.
    3. Keep participants who are waiting their turn, well back from the throwing area.
    4. Judges should stand on the outside of the sector lines and be fully alert at all times.
    5. Make sure the sector lines extend well past the largest throw you are expecting and mark these with a red flag.
    6. Carry the javelin back vertically after each throw.
    7. Stand the javelins upright with the tip in the ground - never at an angle.
    8. The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back.
D. General Safety Considerations
    1. Landing sector must be corded off with rope, fence, or flags. Do not allow spectators downfield from the main cage area.
    2. Spectators must be located behind the throwing area or a safe distance behind the marking judges. Spectators must never be allowed within the range of an implement reaching the landing area.
    3. It is recommended that the end of the cage should be within four to five feet from the section line.
    4. Practice throws without the supervision of an official or coach shall not be allowed and only warm-up as allowed by meet director. EVENT CLOSED signs should be used. Event judges should report a minimum of 60 minutes prior to the start of an event.
    5. A trial may not be initiated until the event judge indicates that the landing area is clear and the marking judges are ready.
    6. During both practice and competition, implements must be carried outside the sector and returned to the throwing area.
    7. Once competition begins, competitors awaiting their turn shall not be allowed to throw implements in any other location.
    8. At the conclusion of the event, no further practice shall be allowed. All implements shall be removed from the area.
    9. Only legal implements shall be used for warm-up or competition in all throwing events.