INSTRUCTIONS TO HEAD SHOT PUT/DISCUS THROW EVENT JUDGE

LEGAL IMPLEMENTS: All implements must be weighed and checked prior to warm-ups. This is the responsibility of the Head Field Referee. All legal implements will be marked. Each implement shall be checked for the mark prior to each throw. There shall be different colored markings on the girls and boys shot puts.

THROWING SECTORS MUST BE CORDED OFF: For Shot Put, the landing sector must be roped/flagged off well outside the sector lines and as far as competitors may throw. No spectators should be located downfield from the thrower's circle as possible/reasonable. For Discus, no spectators allowed beyond the cage as the competitors may throw both downfield and towards the sides.

COMPETITOR CHECK-IN: Check in competitors early enough so warm-ups can be completed prior to the scheduled start of competition. Competitors must check in themselves. Coaches, student managers or other contestants may not check other athletes in for their events.

UNIFORM CHECK:
1. Must be a school-issued top (sleeves or sleeveless) and bottom. One-piece bodysuits are also legal. Shoes must be worn.
2. Sweat outfits, when worn in competition, shall have no markings other than that of the school the contestant is representing. Sweat outfits should only be worn under adverse weather conditions.
3. A support belt may be worn.
4. If the official(s) in charge rules that the uniform is illegal during the pre-event meeting, the athlete must remove the apparel before s/he is permitted to begin competition. Refusal to remove apparel that is ruled illegal shall constitute disqualification.
5. In an individual event, it is too late to disqualify a competitor for a uniform violation after the competition has been completed.
6. Gloves may not be worn.

TAPING: Tape may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently. A wrist wrap used in lieu of tape is acceptable and is not considered an artificial aid, provided there are no hard pieces in the wrap to keep the wrist stiff. Gloves are not permitted; however, a support belt may be worn.

NUMBERS: Each competitor is to wear a paper number (when numbers are used) pinned to the front of the jersey. Any special issued uniforms within a squad must have a number affixed to the front of the jersey also. PENALTY for not wearing a jersey with a competitor's number or wearing a jersey with an incorrect number at the State Track and Field Meet shall be a one-point team deduction.

PRACTICE: Permit practice throw prior to the start of competition provided prior approval from meet management; none after competition starts. Contestants may continue to warm-up outside of competition area without an implement or in an auxiliary area, if approved. Warming up without prior meet management approval and a coach or event official at the venue shall lead to a warning, and if repeated, disqualification from the event.

FLIGHTS OR PROCEDURES: (Preliminaries = three trials, Finals = three additional trials)
1. Conduct Preliminaries in flights of no less than five competitors in the order in which the contestants are listed (worst to best). At the State Meet, flights in the Prelims will be separated into two groups, with the first group taking two attempts before the second group begins (1-2-3-4-1-2-3-4-5-6-7-8-5-6-7-8-1-2-3-4-5-6-7-8).
2. A five-minute warm-up will be permitted between flights.
3. The nine best competitors will qualify for the Finals. All competitors tying for the last position shall be finalists. In the Finals, competition shall be in the reverse order of performance, in single rotation or more than one trial at a time, so that the best qualifier will compete last. Each competitor is entitled to three attempts in the Finals.
4. Award eight places.

TIME: Competitors have one minute to initiate a purposeful action of completing the requirements of a trial. The competitor must indicate a desire to pass immediately after their name has been called.

MEASUREMENT:
1. Mark each good put/throw in a flight. The mark is to be made from the point where the implement first breaks ground to the inside of the of the stop board (Shot Put) or to the inside of the arc of the throwing circle (Discus) with the tape held through the center of the throwing circle.
2. Measurement is to be to the **nearest lesser quarter inch (Shot Put) or nearest lesser inch (Discus)**.
3. Marks made in the Preliminaries stand throughout the competition.

RECORDS: Call head field judge to witness measurement of record and to attest to them on the judge's sheet.

BREAKING TIES:
ART. 2…When there is a tie at any distance or height of a field event, places and points scores shall be awarded as follows:
- a. For places determined by distance:
  1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance (from either Preliminaries or Finals) is better.
  2. If after (1) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

ART. 4…If there is a tie by any number of competitors for any scoring places, the points for the tied places shall be added together and divided by the number of competitors who are involved in the tie.

GUIDELINES FOR A COMPETITOR EXCUSED TO COMPETE IN ANOTHER EVENT:
1. Athlete, not coach or other team personnel, must receive permission from event judge.
2. Judge must record time excused and indicate to the competitor what time they are expected back for their next trial.

3. Judge may allow competitor to take a trial out of turn before being excused.
4. Judge will use some judgement in extending the time excused under special circumstances, i.e. 3200 Meter Run, re-runs, injury, etc.
5. In the Finals, competitors are permitted to take more than one trial at a time during their normal rotation.

"EVENT CLOSED" SIGNS MUST BE USED AFTER EVENT COMPLETION: Sign judge's sheet and turn it in to headquarters booth. If no other event to conduct, also return clipboard(s).

HELP RESOURCES: Please refer to your Track & Field Rules Book for further assistance. If you run into a problem that you cannot handle, call the Field Referees.