



IHSA Discus Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body. A medical alert medal may be visible; a religious medal may not be visible.
5. No electronic devices are allowed in the competition area.
6. Participants may not view any video while they are in competition. The penalty is disqualification.
7. All visible under garments must be of a solid color.
8. The normal tie breaking procedures will be used for this event (NFHS Rule 6-3).
9. You may enter the circle from either direction. You may exit and reenter the circle without penalty.
10. You must pause before you start your attempt.
11. No taping on any part of the hands or fingers will be permitted unless there is an open wound that must be protected by the tape. Gloves are not permitted.
12. During your attempt, you may not touch the top or outside of the ring. You may touch the inside of the ring.
13. The implement must land inside of the 34.92 degree sector lines. Landing on or outside of the sector lines will be a foul.
14. After the implement lands, you must exit out the rear half of circle after MARK is called. Please notice the side markers. Exiting on or in front of markers will be a foul.
15. You are allowed 60 seconds to attempt a throw after being called up (failing to meet the time limit is a foul).
16. You will have three attempts in the prelims. There are () flights. () will advance to finals and be given three more attempts.
17. If you want to intentionally foul, please step on the RING right away to indicate so.
18. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 60 seconds will start at that time. Please respond immediately to my calls.
19. Your competition order will be: () Good Luck.

IHSA High Jump Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body. A medical alert medal may be visible; a religious medal may not be visible.
5. No electronic devices are allowed in the competition area.
6. All visible under garments must be of a solid color.
7. Participants may not view any video while they are in competition. The penalty is Disqualification.
8. You will continue jumping until you have three (3) consecutive misses.
9. An unsuccessful attempt is when:
 - a. The bar is dislodged during an attempt
 - b. A jumper touches the ground or landing area beyond the plane of the bar or it's extension
 - c. All parts of the body must go over the bar
 - d. After a successful attempt a competitor falls and knocks over the standard.
 - e. The bar is hit and falls off at any time, in or out of the pit.
10. A jumper has 60 seconds to initiate a jump after being called - Three or fewer jumpers left = 3 minutes to jump - One jumper left = 5 minutes to jump (failing to meet the time limit is a foul).
11. The normal tie breaking procedures will be used for this event (NFHS Rule 7-4-17).
12. Measurements will be to the nearest lesser 1/4 inch.
13. After competition begins the bar shall not be lowered except to resolve a first place tie.
14. Reasonable time will be allowed to participate in another event. Competitors must check out with the head field event judge before leaving. Competitors will be encouraged to jump before they leave. The bar must be raised if an excessive amount of time passes.
15. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 60 seconds will start at that time. Please respond immediately to my calls.
16. The starting height for this meet is _____; the bar will be raised by _____ inches each time.
17. Your competition order will be: () Good luck.



IHSA Long Jump Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body.
5. A medical alert medal may be visible; a religious medal may not be visible.
6. No electronic devices are allowed in the competition area.
7. Participants may not view any video while they are in competition. The penalty is Disqualification.
8. All visible under garments must be of a solid color.
9. No marker may be placed on the runway.
10. During your attempt you may not touch beyond the foul line or its extension.
11. During your attempt, you must land within the pit.
12. Your head must stay in the superior position during your attempt (i.e. no somersault allowed).
13. After you land, you must exit out the pit beyond your mark. If you exit in front of your mark nearest the foul line, it will be a foul.
14. Measurements will be made to the nearest lesser 1/4 inch from the mark nearest the foul line.
15. Each jump will be measured perpendicular to the FOUL line or its extension.
16. A participant will have 60 seconds to attempt a jump after called up (failing to meet the time limit is a foul).
17. You will have three (3) attempts in the prelims. There are () flights. () will advance to the finals and be provided three more attempts.
18. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 60 seconds will start at that time. Please respond immediately to my calls.
19. In the finals the jumping order will be reversed with the best jumper jumping last.
20. The normal tie breaking procedures will be used (NFHS rule 7-3)
21. Open Pit - Jumper may jump out of order BUT a STARTING and ENDING time MUST be declared. Finals must be in reverse order so there is no open pit in finals.
22. Reasonable time will be allowed to participate in another event. Competitors must check out with the head field event judge before leaving. Competitors will be encouraged to jump before they leave.
23. Your competition order will be: () Good luck.

IHSA Triple Jump Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body. A medical alert medal may be visible; a religious medal may not be visible.
5. No electronic devices are allowed in the competition area.
6. Participants may not view any video while they are in competition. The penalty is Disqualification.
7. All visible under garments must be of a solid color.
8. No marker may be placed on the runway.
9. During your attempt you may not touch beyond foul line or its extension.
10. During your attempt, you must use the R,R,L or L,L,R pattern, and you must land within the pit.
11. Your head must stay in the superior position during your attempt (i.e. no somersault allowed).
12. After you land, you must exit out the pit beyond your mark. If you exit in front of your mark nearest the foul line, it will be a foul.
13. Measurements will be made to the nearest lesser 1/4 inch from the mark nearest the foul line.
14. Each jump will be measured perpendicular to the FOUL line or its extension.
15. A participant will have 60 seconds to attempt a jump after called up (failing to meet the time limit is a foul).
16. You will have three (3) attempts in the prelims. There are () flights. () will advance to the finals and be provided three more attempts.
17. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 60 seconds will start at that time. Please respond immediately to my calls.
18. In the finals the jumping order will be reversed with the best jumper jumping last.
19. The normal tie breaking procedures will be used (NFHS rule 7-3)
20. Open Pit - Jumper may jump out of order BUT a STARTING and ENDING time MUST be declared. Finals must be in reverse order so there is no open pit in finals.
21. Reasonable time will be allowed to participate in another event. Competitors must check out with the head field event judge before leaving. Competitors will be encouraged to jump before they leave.
22. Your competition order will be: () Good luck.



IHSA Pole Vault Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body. A medical alert medal may be visible; a religious medal may not be visible.
5. No electronic devices are allowed in the competition area.
6. Participants may not view any video while they are in competition. The penalty is Disqualification.
7. All visible under garments must be of a solid color.
8. The manufacturers must include the pole rating on each pole; the pole rating must appear as a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; also, a 1 inch circular band indicating the maximum top handhold position (as determined by the manufacturer) must also be present on each pole. No other method of marking max pole weight is allowed.
9. No marker may be placed on the runway.
10. You will continue jumping until you have three (3) consecutive misses.
11. A foul will be called if you touch the ground or landing area beyond the "0" plane of the box (or its extension) on an approach.
12. A foul will be called if during the vault you raise your top hand to a higher point on the pole or your lower hand is raised above your upper hand.
13. A foul will be called if the vaulter's feet leave the ground in an attempt and fails to clear the crossbar. However, if the approach is aborted and an attempt is not made (even if the vaulter's momentum cause his/her feet to leave the ground), it shall not be counted as a missed attempt.
14. A jumper has 90 seconds to initiate a jump after being called - With three or fewer jumpers left = 4 minutes to jump - With one jumper left = 6 minutes to jump (failing to meet the time limit is a foul).
15. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 90 seconds will start at that time. Please respond immediately to my calls.
16. Standards must be set between 15.5-31.5 inches beyond "0" plane
17. The normal tie breaking procedures will be used for this event (NFHS Rule 7-5-30).
18. The starting height for this meet is _____; the bar will be raised by _____ inches each time.
19. Your competition order will be: () Good luck.

IHSA Shot Put Instructions

1. We will be using the National Federation rules for this competition.
2. Safety is our first concern. No athlete may compete with blood on their uniform.
3. No warm ups are allowed without a coach or an official present.
4. Jewelry shall not be worn except medical alert and religious medals. Both must be taped to the body. A medical alert medal may be visible; a religious medal may not be visible.
5. No electronic devices are allowed in the competition area.
6. Participants may not view any video while they are in competition. The penalty is Disqualification.
7. All visible under garments must be of a solid color.
8. The normal tie breaking procedures will be used for this event (NFHS Rule 6-3).
9. You may enter circle from either direction. You may exit and reenter the circle without penalty.
10. You must pause before you start your attempt.
11. No taping on any part of the hands or fingers will be permitted unless there is an open wound that must be protected by the tape. Gloves are not permitted.
12. Shot may not drop below or behind the shoulder during your attempt. Keep elbow up.
13. During your attempt, you may not touch the top or outside of ring. You may touch inside of the ring.
14. The implement must land inside of the 34.92 degree sector lines. On or outside of the sector will be a foul throw.
15. After the implement lands, you must exit out the rear half of circle after MARK is called. Please notice the side markers. Exiting on or in front of markers will be a foul.
16. You are allowed 60 seconds to attempt a throw after being called up (failing to meet the time limit is a foul).
17. You will have three attempts in the prelims. There are () flights. () will advance to finals and be given three more attempts.
18. There will be () scoring places in this contest.
19. If you want to intentionally foul, please step on RING right away to indicate so.
20. Your call up order will be: Up, On Deck, On Hold. Then called up again. Your 60 seconds will start at that time. Please respond immediately to my calls.
21. There will be () scoring places in this contest.
22. Your competition order will be: () Good Luck.