

## **2015 CETL LONG JUMP RULES**

1. Each competitor is allowed three trials.
2. The order in which competitors take their trials is determined by seeding.
3. Competitors must always exit the pit out the far end, not nearer the foul line. Each jump will be measured perpendicular to the foul line or the foul line extended from that point in the landing pit touched by the jumper or apparel of the jumper which is nearest the foul line or its extension.
4. A foul, or unsuccessful, jump is one which is counted as a trial but which is not measured.
5. **It is a foul if the competitor:**
  - a. Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
  - b. Runs across the foul line, or the foul line extended.
  - c. Does not keep his/her head in the superior position, (i.e., no somersault).
  - d. In the process of landing or leaving the pit, touches the ground outside the landing nearer the scratch line than the nearest mark made in the landing pit.
6. Jumps are measured perpendicularly in a straight line from the edge of the takeoff board or its' extension nearest the landing pit to the mark made by the competitor in the landing pit nearest the takeoff board.
7. Measurements are recorded to the nearest lesser ¼ inch. Judges shall hold the tape such that the zero end is in the pit.
8. **In the event of ties**, places are determined as follows:
  - a. First tie-breaker: 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 is better.
  - b. Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor.
9. Competitors with conflicting events must be excused by the official and are encouraged to jump before they leave the event. The official may allow an athlete who is excused to compete in another event to take consecutive attempts before they leave.

## **2015 CETL SHOT PUT RULES**

### **SAFETY IS THE FIRST CONCERN.**

1. Each competitor is allowed three puts.
2. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice throwing shall be allowed once the event has concluded.
3. When not competing all competitors and spectators must be located behind the shot put circle.
4. No gloves allowed. Support belt, chalk and rosin are OK. No taping on any part of hands or fingers will be permitted unless there is an open wound or cut that must be protected by tape. Tape on the wrist is OK.
5. The order in which competitors take their trials is determined by seeding.
6. A competitor must enter and exit the circle from the rear half of the circle.
7. A legal put is made from the shoulder with one hand only, so that the shot does not drop behind or below the shoulder.
8. The put must be initiated from inside the circle.
9. A competitor may exit the rear half of circle after the implement lands and "MARK" is called.
10. An **unsuccessful attempt** is when:
  - a. Competitor starts the throw outside of the circle;
  - b. Competitor touches the ground outside the circle before the shot put has landed;
  - c. The shot lands on or outside the throwing sector. Landing on the sector line is a foul;
  - d. Competitor does not leave through the back half of the circle after completing the throw.
11. Measurement in the shot shall be from the nearest edge of the mark made by the shot where it lands in the sector to the inside edge of the toe board, by pulling the tape through center of circle. Measurements will be to nearest lesser ¼ inch
12. **In the event of ties**, places are determined as follows:
  - c. First tie-breaker: 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 is better.

**SHOT RULES** (con't)

- d. Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor.
- 13. Competitors with conflicting events must be excused by the official and are encouraged to put before they leave the event. The official may allow an athlete who is excused to compete in another event to take consecutive attempts before they leave.
- 14. Once the event is concluded all implements will be removed from the area and no further practice is allowed.

## **2015 CETL HIGH JUMP RULES**

1. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice shall be allowed once the event has concluded.
2. The order in which competitors take their trials is determined by seeding.
3. The bar will be placed at the following starting heights:
  - a. Junior Girls – 3’3”
  - b. Junior Boys – 3’6”
  - c. Senior Girls – 3’6”
  - d. Senior Boys – 3’9”
4. The bar will be raised in 3” increments until one jumper remains, and 2” thereafter.
5. After three (3) passed heights in a row a jumper is allowed 1 warm-up jump. The jumper must then make an attempt at that height.
6. Jumpers have 1 minute to initiate a trial carried to completion. When 2 or 3 jumpers remain, they have two minutes to jump. When one jumper remains they will have three minutes to jump.
7. An **unsuccessful attempt** is when:
  - e. Bar is displaced from the standards during an attempt;
  - f. Jumper touches ground, landing area or the pit beyond the plane of the bar or its extension, (i.e goes underneath the bar);
  - g. All parts of the body do not go over the bar;
  - h. After clearing the bar, the jumper contacts the upright and displaces the bar or steadies the bar;
  - i. Fails to initiate a trial carried to completion within the allotted time limit;
  - j. The jumper fails to take off from one foot.

**Note:** If the official is certain that the jumper clears the bar and the landing pad hits the standard and causes the bar to be dislodged, the jump shall be ruled a fair jump.

8. After competition starts, the bar shall not be lowered except in a jump-off to determine first place.
9. Competitors shall continue jumping until they have three consecutive misses.

## **HIGH JUMP RULES** (con't)

10. When there is a tie at any height, places shall be awarded as follows:

- a. The competitor with the **fewest number of trials for the height** at which the tie occurs, which is the last height successfully cleared, shall be awarded the higher place;
- b. If the tie still remains, the competitor with the **fewest total number of unsuccessful trials** throughout the competition, up to and including the height last cleared, shall be awarded the higher place. (Passed trials shall not count as misses).
- c. **If the tie concerns first place**, and a tie still remains after applying a and b above, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch. If two or more of the tying contestants clear the lowered height, the bar shall be raised by intervals of 1 inch. Each competitor shall attempt **one** trial at each height until a winner is determined.