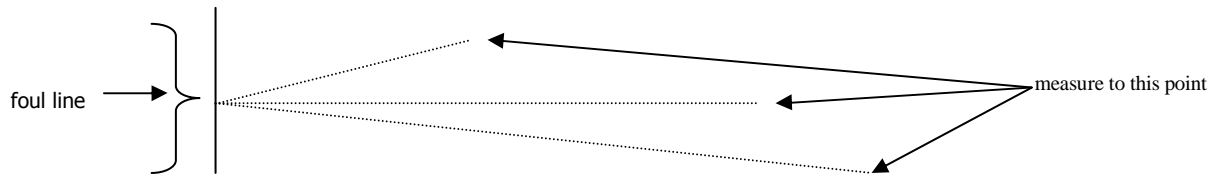


## BASIC THROWING RULES



- Throwing event will begin during relays (for athletes not in relays).
- At least one adult from two different schools should be present. One school will be assigned to officiate.
- Throwing order: milers first, then 800 runners, then 9U and 11U, then 13U and 15U last. Have athletes wait with you at the event until their age group is complete. When a sheet is completed, number the placement of winners in left column. Take the winning athletes and the sheet to the score table. Tell milers and 800 runners to report to the score table after that event to receive their throwing ribbons.
- Each athlete will throw 4 consecutive balls: 1 practice and 3 scoring.
- Length of run up to foul line is throwers preference.
- Athletes crossing the foul line during follow-through will have faulted.
- **DO NOT MEASURE EVERY THROW.** Stake the first throw for each athlete; if subsequent throws for that athlete are greater distance, move the stake. Lesser distance will not be staked. Measure and record only once for each athlete.
- Measurement is done where the ball first makes contact with the ground – not where it bounces or stops rolling.
- Measure in feet and inches to the **lesser 1/2 inch** and from a central point (see diagram above)
- TIE BREAKER: If two athletes have tied, a throw off will determine the winner.