

DIOCESE OF CLEVELAND CYO



TRACK & FIELD

Spring 2021

Event Management and Rules



CATHOLIC
CHARITIES
Diocese of Cleveland

DISTANCE RUNNING EVENT RULES AND COACHING TIPS

Distance Events: 800m and 1600m

- All runners will normally be assigned and placed in a lane or an alley.
- An Alley is a combination of two (2) or more lanes, when three (3) or more runners are to share the same lanes or alley.
- Runners must stay in their assigned lane or alley until they cross the "BREAK LINE".
- The BREAK LINE is a curved line marked on the track, or a row of colored (orange) cones placed on the track, marking where the staggered start becomes equal, and runners can merge toward Lane 1.
- After runners cross the "BREAK LINE", with their torso, the runners can gradually merge toward Lane 1, without interfering with another runner.
- Stagers - the following stagers will be used:
 1. 800 meter run - two (2) turn stagger, then cut in.
 2. 1600 meter run - one (1) turn stagger, then cut in.
 3. 4x800 meter relay – two (2) turn stagger for first runner, then cut in.
- In a distance race, which is NOT finished in assigned lanes, a competitor shall be disqualified if:
 1. Runner deliberately runs on or inside the track curb/line or their assigned lane or alley for more than three (3) consecutive steps on a curve, or does this repeatedly to cut distance off race.
 2. Interferes with other competitor(s) when changing lanes toward the inside or towards the outside of the track. A runner should have one (1) full running stride ahead of a competitor(s) whose path maybe being crossed. (It is not a foul if a competitor crosses to the inside or outside, if this action does not interfere in any way with another competitor's stride).
 3. A competitor shall not weave side to side, or extend arms, or move in a way to impede other runner(s) right to advance or pass.
 4. Runs off track onto infield to pass a runner, regardless of number of steps taken. (Runners must pass on the outside of a runner, unless there is a clear path to pass on the inside, on the track, without interference).
 5. Intentionally or accidentally hits a runner causing them to break stride or fall, as determined by an official witnessing the action(s).
 6. Cuts to the inside of their assigned lane or alley, before passing the Break Line.
 7. Wearing illegal length spikes in shoes.
- The starting commands of races with opening legs of more than 800 meters shall be:
 1. The Starter will to ask all competitors to take a position three (3) meters behind the starting line, and then stand still and ready. (Some tracks may have a line indicating where this is)
 2. The Starter will then check to see if all runners are still and ready.
 3. The Starter will then say loudly:
 - **"On your marks"**. All competitors in the race will quickly step up to the starting line without delay, and remain steady.
 - The starter shall fire the starting gun or device to begin the race.
 - A race may be recalled for a restart by firing a second device or blowing a whistle, IF
 1. someone falls or pushed at the start, or
 2. someone false started the race
- Athletes/distance relay teams will be permitted one (1) false start. If a second false start is charged to the same athlete, that athlete or relay team will be disqualified.
- The Finish - The competitors place in the order that their **"torso"** as distinguished from the head, neck, arms, legs, reaches and crosses the finish line.

- A false start or disqualification may also be called for the following:
 1. Failure to obey the commands of the starter.
 2. Failure to remain steady and motionless on the starting line
 3. Using disconcerting movements or noises.
 4. Part of body touching the ground on or past the starting line.
 5. Intentionally pushing or tripping another runner at start

SPRINT RUNNING EVENT RULES AND COACHING TIPS

Sprint Events: 100m, 200, and 400m

- ✚ All runners will be assigned a specific lane to run the entire race in.
- ✚ Runners will be directed to start at the specific starting line for that race, which has been evenly staggered, to compensate for the longer distances of the outside lanes.
- ✚ Starting blocks may be used only in the 100m, 200m, 400m events and at the start of sprint relay running events. Starting blocks are to be supplied by teams. Spikes on the bottom of starting block are to be no longer than 1/4" (0.25"), or as specified by the track being used.
 1. If a person will be block holder, they must follow the starters commands.
 2. They can stand on the back of the blocks or sit with feet behind the block pads, after helping place the blocks with athlete.
 3. The block holder shall be silent and become motionless during the entire starting procedure, and not move until all runners have left the starting area, then remove the block from the track.
- ✚ The Start
 1. At the start of each race the athlete is to comply with the starter's commands, have all body parts in contact with the track surface behind the starting line and remain motionless once in the set position.
 2. The starting commands of races with opening legs of less than 800 meters shall be:
 - **"On your marks"** – Competitors quickly take their position (in blocks or standing) behind the starting line and become and remain steady until "Set" is called.
 - **"Set"** – At once, and without delay, competitors shall assume their full set position and remain motionless until starting gun or device is fired.
 - **Fire the starting gun or device** – competitors can begin the race.
 3. Athletes/relay teams will be permitted one (1) false start. If a second false start is charged to the same athlete, the athlete/relay team will be disqualified.
 4. If a false start is called after the race is started, the starter will fire their gun or whistle to recall the race for a restart.
 5. A false start or disqualification may also be called for the following:
 - Failure to obey the commands of the starter.
 - Block Slippage
 - Failure to remain quickly become motionless after calling "SET".
 - Using disconcerting movements or noises.
 - Part of body touching the ground on or past the starting line.
 - Failure of the block holder to remain motionless, or not obeying the starters commands during the start.
 - Wearing illegal length spikes in shoes.
 - Falling out and bumping another runner during start.

6. The formation of heats for the individual sprint events (100m, 200m, 400m, 200m Hurdles) during the regular season will be performed by the clerk. The first heat will be designated as the fast heat and the fastest runners from each team present are to step up for lane assignments for that heat. Each heat after that will fill all available lanes or be made up of equal numbers of runners until all remaining athletes have been assigned a heat and lane.

- + In a sprint race, which is to be finished in the assigned lanes, a competitor shall be disqualified if:
 1. Runner deliberately runs on or inside the track curb/line or inside their assigned lane line for more than three (3) consecutive steps on a curve, or does this repeatedly to cut distance off race.
 2. Not finishing the race in the assigned lane at the start.
 3. A competitor shall not weave side to side, or extend arms, or move in a way to impede or interfere another runner.
 4. Intentionally or accidentally hits a runner causing them to break stride or fall, as determined by an official witnessing the action(s).
 5. Wearing illegal length spikes in shoes.

NOTES:

In the 100m, most tracks have many curved lane lines for the 200m race that cut across the start of the 100M, which may make it difficult for younger or new runners to be able to follow their straight lane lines for the 100m, causing them to change lanes and possibly interfere with another runner. Please instruct you athletes to follow the straight lane lines for the 100m and not the curved lines for the 200m.

In the 200m races, it sometime happens that a runner coming off the curve will lose sight of their curved 200m lane line and end up following the straight lane lines for the 100m, which causes them to change lanes and possibly interfere with another runner. Please instruct you athletes to follow the curved lane lines for the 200m and not the straight lines for the 100m.

- + The Finish - The competitors place in the order that their “torso” as distinguished from the head, neck, arms, legs, reaches and crosses the finish line.

HURDLE RUNNING EVENT RULES AND COACHING TIPS

Hurdle Event: 200m low hurdles

- This race shall start at the staggered 200m starting lines, using 5 hurdles, with the hurdle height set at 30”. Spacing of hurdles shall be as follows: 50m to the first hurdle, 35m between hurdles, 10m from 5th hurdle to the finish line (300m hurdle marks will be used).
- This race shall be run in lanes all the way.
- Starting blocks may be used in the 200m hurdle event. Starting blocks are to be supplied by teams. Spikes on the bottom of starting block are to be no longer than 1/4” (0.25”), or as specified by the track being used.
 1. If a person will be block holder, they must follow the starters commands.
 2. They can stand on the back of the blocks or sit with feet behind the block pads, after helping place the blocks with athlete.
 3. The block holder shall be silent and become motionless during the entire starting procedure, and not move until all runners have left the starting area, then remove the block from the track.

- + The Start

1. At the start of each race the athlete is to comply with the starter's commands, have all body parts in contact with the track surface behind the starting line and remain motionless once in the set position.
 2. The starting commands of races with opening legs of less than 800 meters shall be:
 - **"On your marks"** – Competitors quickly take their position (in blocks or standing) behind the starting line and become and remain steady until "Set" is called.
 - **"Set"** – At once, and without delay, competitors shall assume their full set position and remain motionless until starting gun or device is fired.
 - **Fire the starting gun or device** – competitors can begin the race.
 3. Athletes/relay teams will be permitted one (1) false start. If a second false start is charged to the same athlete, the athlete/relay team will be disqualified.
 4. If a false start is called after the race is started, the starter will fire their gun or whistle to recall the race for a restart.
 5. A false start or disqualification may also be called for the following:
 - a. Failure to obey the commands of the starter.
 - b. Block Slippage
 - c. Failure to remain quickly become motionless after calling "SET".
 - d. Using disconcerting movements or noises.
 - e. Part of body touching the ground on or past the starting line.
 - f. Failure of the block holder to remain motionless, or not obeying the starters commands during the start.
 - g. Falling out and bumping another runner during start.
- In a hurdle race, which is to be finished in the assigned lanes, a competitor shall be disqualified if:
1. Runner deliberately runs on or inside the track curb/line or inside their assigned lane line for more than three (3) consecutive steps on a curve, or does this repeatedly to cut distance off race.
 2. Not finishing the race in the assigned lane at the start.
 3. A competitor shall not weave side to side, or extend arms, or move in a way to impede or interfere another runner.
 4. Intentionally or accidentally hits a runner causing them to break stride or fall, as determined by an official witnessing the action(s).
 5. Wearing illegal length spikes in shoes.
 6. Fouls resulting in disqualification in the hurdles are:
 - a. Lead leg or trail leg not passing over, or at the side or under the height of the hurdle.
 - b. Not clearing or running around a hurdle.
 - c. A competitor's arm or leg hits or in some way interferes with another hurdler.
 - d. Knocks down any hurdle by hand.
 - e. Intentionally does not try to clear the hurdle, by pushing hurdle over with lead foot.
 - f. Runs over hurdle not in assigned lane.
 - g. Knocks over a hurdle that flies or lands into another lane affecting another hurdler.
 - h. Wearing illegal length spikes in shoes.

NOTE:

In the 200m races, it sometime happens that a runner coming off the curve will lose sight of their curved 200m lane line and end up following the straight lane lines for the 100m, which causes them to change lanes and possibly interfere with another runner. Please instruct you athletes to follow the curved lane lines for the 200m and not the straight lines for the 100m.

RELAY RUNNING EVENT RULES AND COACHING TIPS

Relay Events

- ❖ Gloves are not permitted in relays, unless required for medical reasons.
- ❖ Batons must be passed in the assigned lane and with-in the 30-meter exchange zone. (The new exchange zones markings may not have been marked on current tracks).
- ❖ The baton must be handed, not thrown from the incoming competitor to the succeeding teammate. After passing the baton the relieved competitor should run or jog straight ahead in their lane, or stop in their lane, until the all exchanges have been made and track is clear.
- ❖ The baton shall not be thrown in anger or in celebration following the finish of any relay. Violations will result in disqualification.
- ❖ Relay members and alternates for each relay must be identified for qualifying to the Diocesan Championship (maximum of 8 athletes).
- ❖ Dropped batons
 1. If the baton is dropped within the exchange zone in a legitimate attempt to pass the baton, either competitor may retrieve it, provided they do not interfere with an opponent and it is retrieved within the limits of the original exchange zone extended across the track.
 2. If the baton is dropped outside the limits of the exchange zone or rolls outside the limits of the zone, the baton must be retrieved by the competitor who dropped it.
- ❖ Relay batons must be provided by teams during the regular season, and **may be** supplied by the CYO during Championship Meets. Relay batons shall be a smooth, round metal or plastic tubes, having a maximum diameter of 1-5/8", not exceeding 11.8" (30 cm) in length, and must be free of any tape, dents, ridges or decorations that can improve grip.
- ❖ 4 X 100 meter relay- lanes entire race, using 2-turn staggers.
- ❖ 4 x 200 meter relay - lanes the entire race, using 4-turn staggers.
- ❖ 4 x 400 meter relay – First runner in lane, second runner in lane to break line

NOTE: The relay exchange zones no longer will have an "Acceleration Zone". The Exchange zones will extend to 30 meters, start from the small arrow, dot, or line that used to mark the beginning of the "Acceleration Zone". Athletes may start running to accelerate anywhere in the exchange zone, as long as the exchange occurs in the exchange zone. Coaches can plan to have slower runners run shorter distance and faster runners run longer, if done wisely, and the exchange is performed within the exchange zone.

GENERAL FIELD EVENT RULES AND COACHING TIPS

- ◆ A competitor shall be charged with an unsuccessful attempt if they do not initiate an attempt a trial or pass within one (1) minute of being called by the event judge. If an athlete is required to take consecutive trials in an event the time limit will be extended to two (2) minutes.
- ◆ There shall be three (3) attempts in all field events except the high jump.
- ◆ Athletes will be grouped according to the standards set for that the type of meet, regular season, championship, sanctioned event.
- ◆ Athletes will need to check into the event by the required time or else they will not be able to compete and they must complete all of their trials before the event is closed.
- ◆ Athletes will compete in the order set and managed by the meet official.
- ◆ Warm-ups for the event will be allowed, only when the Event Judge is present and athlete has checked in to the event.

- ◆ At the conclusion of an event, the event area will be closed. One (1) warning will be issued to those still in a closed area; second will result in disqualification from the meet.
- ◆ Determining places (except high jump) – The competitor with the best distance shall be given the higher place. If competitors have the identical best-distance then the higher place is given to the competitor whose second-best performance is better. If still tied then consider third-best performance.
- ◆ To accommodate athletes that may be entered into two (2) or more events that are scheduled to start at or near the same time, the athlete must report to all of the field event judges prior to the start of all of the events entered, and ask for permission to be excused to compete in the other field event or running event. A running event will take precedence over a field event. An athlete may ask to take all of their trials consecutively before leaving for the other event, except in the high jump, if possible and allowed by the event judge. The athlete must report back to the event judge immediately after completing the other event. A rest period may be granted by the event judge, if deemed needed. The athlete will not be allowed to compete or finish trials, if the event has closed prior to the athlete's return.

LONG JUMP EVENT RULES AND COACHING TIPS

Long Jump

- The competitor may attempt to jump in any manner, provided the takeoff is from one (1) foot, and the head stays in the superior position during the jump.
- It is a foul if the competitor:
 - Steps past or allows the tip of his/her shoe to extend over the foul line or make a mark past the foul line on jump takeoff.
 - Runs across the foul line or foul line extended.
 - During the jump, does not keep the head in the superior position (no somersault).
 - In the process of landing or leaving the pit, athlete touches the ground outside the landing pit closer or nearer to the foul line, than the nearest mark made in the sand landing pit.
 - Fails to initiate an attempt within one (1) minute.
- The judges shall hold the tape so that all measurements are read from the front edge of the foul line at the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ " from a point along the foul line (or extension) that is perpendicular to the landing mark point in the pit touched by the competitor or apparel of the jumper nearest the foul line.
- It is now illegal for an athlete to measure their steps by running from the takeoff board to their starting mark (run backwards on the runway).
- Starting marks made on the runway for the long jump may ONLY be marked with a water removable chalk, or by using a small short stick stuck into the ground next to the runway.
- Landing Sand pit shall be filled with loose and/or shovel turned sand that can safely absorb the forces of an athlete landing in it, without hurting the athlete.
- The takeoff board or takeoff mark shall be no more than 3 feet from the front edge of the loose sand in the pit for 3rd through 6th grade boys and girls; and may be no more than 8 ft from the front of the loose sand in the pit for 7th and 8th grade boys and girls.
- The sand in the pit shall be raked nearly level with the height of the takeoff board, without forming a deep depression in the landing area after each jump attempt.
- The landing area of the sand pit shall be no less than 9 ft wide and 23 ft long.
- Warm-ups for the running jump cannot start until the event judge is present.

STANDING JUMP EVENT RULES AND COACHING TIPS

Standing Jump

- The competitor may attempt to jump in any stationary manner, provided the takeoff is from two (2) feet, and the head stays in the superior position during the jump.
- The competitor cannot wear shoes with spikes, or shoes that can hold spikes, or shoes that have hard gripping ridges or bumps on the sole of the shoe.
- It is a foul if the competitor:
 - Allows the tip his/her shoe to extend over the foul line or make a mark in front of foul line on jump takeoff.
 - Hops forward before jump into the pit, or the feet roll or shuffle forward, or feet leave the ground before a jump attempt is made
 - During the jump, does not keep the head in the superior position (no somersault).
 - In the process of landing in the pit or leaving the pit, touches the ground outside the landing closer or nearer to the foul line than the nearest mark made in the sand landing pit.
 - Fails to initiate an attempt within one (1) minute.
- Takes a jump while wearing illegal spikes or shoes, or does not wear legal shoes.
- The judges shall hold the tape so that all measurements are read from the front edge of the takeoff board. Measure the jump to the nearest lesser $\frac{1}{4}$ inch from a point along the foul line (or extension) that is perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.
- Landing Sand pit shall be filled with loose and/or shovel turned sand, that can safely absorb the forces of an athlete landing in it, without hurting the athlete.
- The takeoff board or takeoff mark shall be no more than two (2) feet from the front edge of the loose sand for all grades.
- The sand in the pit shall be raked nearly level with the height of the takeoff board, without forming a deep depression in the landing area after each jump attempt.
 - The landing area of the sand pit shall be no less than 6 ft wide and 12 ft long.
- When the Standing jump is competed on a turf field or other hard surface, the surface must be dry and/or safe, to prevent slipping or sliding of the athlete when they land, to prevent falls and injury.
 - Warm-ups for the standing jump cannot start until the event judge is present.

HIGH JUMP EVENT RULES AND COACHING TIPS

High Jump

- ✚ The competitor may attempt to clear the crossbar, with their entire body, in any manner, provided the takeoff is ONLY from one (1) foot, and without any weights or artificial aids.
- ✚ The competitor will be eliminated from competition, when they have reached three (3) consecutive misses.
- ✚ The competitor that has passed three (3) consecutive heights may be permitted one (1) warm-up jump without the crossbar in place. The warm-up must occur at the time of the height change.
- ✚ Starting marks made on the high jump pad may ONLY be marked with a water removeable chalk. Starting marks can only be measured out or made prior to the start of the event.
- ✚ Starting heights for Boys for the regular season and area meets will be as follows:
 - 5th Grade-3'0"
 - 6th Grade-3'6"
 - 7th Grade-3'8"

- 8th Grade-4'2"
- In the Diocesan Championship meet, the starting height will be the Boys 8th grade starting height, or a height that is 4" below the lowest qualifying height, whichever is higher.
- ✚ Starting heights for Girls for the regular season and area meets will be as follows:
 - 5th Grade -3'0"
 - 6th Grade-3'4"
 - 7th Grade-3'6"
 - 8th Grade-3'8"
 - In the Diocesan Championship, the starting height will be the Girls 8th grade starting height, or a height that is 4" below the lowest qualifying height, whichever is higher.
- ✚ The bar will move up at increments of 2" until a winner is declared, after which the winner can determine what height they will attempt. Except for when the bar is raised above 5'8" for boys and 5'0" for girls, then the bar will be raised in 1" increments.
- ✚ The bar will not be raised while waiting for a competitor that has been excused for another event.
- ✚ It is a foul or miss if the competitor:
 - Displaces the bar in an attempt to clear it.
 - Breaks the plane above or below the crossbar without clearing the bar.
 - After clearing the bar, makes contact with the standards or bar as part of the jump, and displaces the bar, or steadies the bar or standards with hands or body. (Movement of the landing pit that causes the standards to move causing bar to fall, will be a judgement call of the event judge.)
 - Steps on the pit in attempt as part of takeoff, prior to clearing the bar.
 - Fails to go over the bar.
 - Fails to complete an attempt within one (1) minute of being called.
- ✚ The crossbar and standards should be marked so that they may be replaced in the same manner for each competitor.
- ✚ The possibility of heavy winds, or possible equipment failure causing the bar to fall after an attempt, will be a judgement call by the event judge if bar fall was caused by the athlete. If ruled wind or equipment failure, the trial is voided and another attempt is allowed.
- ✚ Bar height measurement shall be made from a point on ground, in the plane below the crossbar, to the lowest point on the upper side of the crossbar.
- ✚ Determining places when athletes are tied at last height cleared:
 - The competitor with the fewest number of trials for the last height successfully completed shall be awarded the higher place.
 - 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 do not count as misses).
 - If the tie remains and does not involve first place or a qualifying position, the competitors shall be awarded the same place.
 - If the tie remains and it involves determining first place or a qualifying position, the remaining competitors shall make one (1) more attempt at the last failed height. If no decision is reached, the bar is lowered by 1-inch intervals until it is cleared by one (1) or any remaining competitors. If two (2) or more of the tying competitors cleared the height, the bar shall be raised by intervals of 1 inch. This raising or lowering of the bar continues until just one (1) competitor has cleared the last bar height attempted, and a winner is declared. Each competitor is given just one (1) attempt at each height in a jump-off. Passes are not permitted in jump-offs.

- ✚ Crossbar must be a round non-metal tubular bar, being at least 12 feet in length, but no longer than 14 feet 10 inches.
 - Upright Standards shall be at least 12 feet apart and placed so that the long dimension of the crossbar support platforms point toward the opposite crossbar support platform.
 - The landing pit shall not be less than 16 feet wide by 8 feet deep. The pit shall be high or thick enough and of a composition able to provide a safe landing.
 - The pit must be covered by a top pad, covering all of gaps between the pit sections.
 - The area around the high jump pit, extending out about 4 feet, shall be clear of all items that can cause harm, if an athlete should roll off the pit.
 - Warm-ups for the high jump cannot start until the event judge is present.

SHOT PUT EVENT RULES AND COACHING TIPS

Shot Put

- ⊗ Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
- ⊗ Gloves are not permitted.
- ⊗ A legal put shall be made when, after entering the circle, the athlete pauses and puts from the shoulder with one (1) hand only.
- ⊗ It is illegal to allow the shot put to drop below the shoulder, or behind the shoulder (baseball throw) during an attempt.
- ⊗ An athlete cannot use an illegal or oversized implement during meet warm-up.
- ⊗ Warm-ups for the shot put can only start when the event judge is present and permits for a specified period of time.
- ⊗ It is a foul if the competitor:
 - After stepping into the circle, fails to pause before starting the put.
 - Once in the circle, touches the circle or the ground outside the circle during the put.
 - Allows the shot to drop below the shoulder or go behind the back of the shoulder during the put.
 - Touches the top or end of the stopboard during or after the put.
 - The shot put lands on or outside the sector lines.
 - Does not exit the back half of the circle.
 - Leaves the circle before the shot put has landed.
 - Fails to initiate an attempt within one (1) minute.
 - Uses the “cartwheel” technique of shot putting.
- ⊗ The put will be measured to the nearest lesser ¼ inch, from the nearest edge of the first mark made by the shot in the ground, to the inside edge of the stopboard nearest to the mark along the extended radius of the circle.
- ⊗ Shot Put - the weight of the shot put will be as follows for each division:
 - Four (4) kilogram (4K) – Boys: 7th and 8th Grades
 - Six (6) pound – Boys: 5th and 6th Grades
Girls: 5th, 6th, 7th and 8th Grades
 - Four (4) pound - Boys and Girls: 3rd and 4th Grades



CYO inspires young people to know God, to love God, and to serve God through Athletics.

DISCUS EVENT RULES AND COACHING TIPS

Discus

- ◆ All practice and competitions of the discus event are to occur in a legal cage that meets the National Federation (NFHS) specifications.
- ◆ Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping of the wrist is permitted.
- ◆ Gloves are not permitted to be worn.
- ◆ A legal throw shall be made when, after entering the circle, the athlete pauses and then throws with one (1) hand only.
- ◆ For 6th Grade throwers – a throw can only be made using the standing Power Position throw, with a windup may be used. No rotation or spinning is allowed.
- ◆ An athlete cannot use an illegal or oversized implement during meet warm-up.
- ◆ Warm-ups for the discus can only start when the event judges is present and permits for a specified period of time.
- ◆ It is a foul if the competitor:
 - > After stepping into the circle, fails to pause before starting the throw.
 - > Once in the circle, touches the top of the throwing ring, or the ground outside the circle during or after the throw, before gaining control.
 - > Throws the discus so it first lands on or outside the sector lines or hits the cage or something outside the sector lines before landing.
 - > Does not exit the back half of the circle.
 - > Leaves the circle before the implement has landed.
 - > Fails to initiate an attempt within one (1) minute.
- ◆ The throw will be measured to the nearest lesser whole inch, from the nearest edge of the first mark made by the discus on the ground to the inside edge of the throwing circle nearest to the mark along the extended radius of the circle.
- ◆ Discus –Only the 1.0 K (kilogram) black rubber discus will be allowed for all competitions. (No wood, plastic with steel ring edge discus)
- ◆ The Head Coach of team shall submit a signed form to the CYO office, indicating that they will be using a discus cage when practicing and competing in the discus event.

