

New Mexico Senior Olympics

Field Events Rules

Revised 3-2017

Playing Format

1. Field Events will be governed in general by standard rules recommended by USA Track & Field and National Senior Games Association except as noted below. For a copy of these rules please write or call:

USA Track & Field	National Senior Games Association
132 East Washington St., Suite 800	P.O. Box 82059
Indianapolis, IN 46204	Baton Rouge, LA 70884-2059
(317) 261-0500	(225) 766-6800
www.usatf.org	www.nsga.com

2. Field Events will be Discus, Javelin, Shot Put, High Jump, Long Jump (running), Long Jump (standing), Pole Vault, and Triple Jump.
3. All events will be measured in feet and inches.
4. New Mexico Senior Olympics shall provide certified implements for all events and age groups except pole vault. In addition, athletes shall be permitted to use their own implements. Check at Sport Table for specific instructions regarding certification.
5. Athletes will not be allowed to throw implements at a weight greater than allowed in their age group.
6. All age groups will be allowed Warm Up Period (Practice). See Sport Table for further information.
7. **Throwing Events - Equipment**

Following are the weights of the various implements to be used for each gender and age division:

		Shot Put	Discus	Javelin
Men	50-59	6 Kg	1.5 Kg	700 gm
Men	60-69	5 Kg	1.0 Kg	600 gm
Men	70-79	4 Kg	1.0 Kg	500 gm
Men	80+	3 Kg	1.0 Kg	400 gm
Women	50-59	3 Kg	1.0 Kg	500 gm
Women	60-74	3 Kg	1.0 Kg	500 gm
Women	75+	2 Kg	.75 Kg	400 gm

Playing Rules

1. General Information for all Throwers

- a) After completing a throw, the athlete shall stay in the ring or throwing area until the implement has landed and the official has said **Mark**.
- b) All measurements are taken to the nearest .25 inch **below** distance covered.
- c) Marks will be recorded in feet and inches--the official may turn the tape over after reading the feet and call the throw in meters.
- d) Measurements for all throwing events are taken from the inside edge of the toe board or ring apron.
- e) Tape shall be stretched from the nearest edge of the mark of implement for the shot put and discus.
- f) Tape will be held at the center mark of the ring.

Field Events Rules (cont.)

- g) When there are more than eight competitors, each competitor shall be allowed three throws. The eight competitors with the best performances shall be allowed three additional throws. When there are eight or fewer competitors, all shall be allowed six throws, even if none of the first three are fair.
2. **Discus**
- a) Athlete must exit from the back half of the circle after throw.
 - b) Athlete must not step over the front of the throwing circle nor touch the front of the circle with any part of the body. (Outside of the throwing ring.)
 - c) The discus must be held with one hand.
 - d) Violation of these rules shall result in a scratch.
 - e) In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw of the official six throws will determine placement.
3. **Javelin**
- a) Hand must be on the grip of the javelin with the little finger toward the point of the javelin.
 - b) The javelin shall be held with one hand.
 - c) All javelin throws, to be valid, must have the tip or the point of the metal head strike the ground before any other part of the javelin.
 - d) All javelin throws must land completely within the sector lines.
 - e) Violation of these rules shall result in a scratch.
 - f) In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw of the official six throws will determine placement.
4. **Shot Put**
- a) The shot put shall be held with one hand and must touch or be held close to the chin.
 - b) The shot must not drop below this position during the put.
 - c) The shot must not come behind the line of the shoulder at any time during the put.
 - d) The athlete must exit from the back half of the circle after put.
 - e) The athlete must not step over the front of the throwing circle nor touch the top of the toe board or front of circle with any part of the body. (Outside of throwing ring.)
 - f) Violation of these rules shall result in a scratch.
 - g) In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw will determine placement.
5. **Jumping Events**
- a) **High Jump**
 - 1. The bar is raised to a higher position when each contestant has had 3 attempts to clear a given height.
 - 2. A jumper may at any time decline to jump at a given height in order to wait for the bar to be moved higher.
 - 3. Three successive unsuccessful attempts, whether at a single height or different heights, eliminate the jumper.
 - 4. The winner is the last remaining competitor to clear the bar at its greatest height.
 - 5. In the event of a tie, the athlete with the highest height cleared with fewest misses will be awarded the higher placement.

Field Events Rules (cont.)

b) Long Jump(Running)

1. This is a measured event.
2. Contestants will run and then jump at the block or designated line into the pit.
3. Contestants will jump into a soft surface of sand.
4. Measurements are taken from where the nearest part of body (foot, hand, etc.) lands from the starting line.
5. The longest jump will be the official jump recorded.
6. In the event of a tie, an additional one jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

c) Long Jump, Standing

1. This is a measured event.
2. Contestants must start the jump with both feet on the ground. (This is not a running jump.)
3. Each contestant will have 3 jumps.
4. Contestant will jump into a soft surface such as sand.
5. Each contestant must have both feet behind the starting line at the time of the jump.
6. Measurements are taken from where the nearest part of the body (foot, hand, etc.) lands from the starting line.
7. The longest jump will be the official jump recorded.
8. In the event of a tie, an additional one jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

d) Pole Vault

1. Each contestant must furnish their own pole.
2. The bar is raised to a higher position when each contestant has had 3 opportunities to clear a given height or has elected to pass at the height.
3. A vaulter is eliminated when he/she misses 3 successive attempts at any height.
4. In the event of a tie, the athlete with the highest height cleared with fewest misses will be awarded the higher placement.

e) Triple Jump

1. The competitor shall first land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the "sleeping" leg.
2. The placement of the take-off board should depend upon the caliber of the competition. In major competition for men, the take-off board for the Triple Jump should be placed at least 13M from the landing area. In major competition for women, it is recommended that the take-off board for the Triple Jump be placed at least 10M from the landing area.
3. It is recommended that the distance between the take-off board and the end of the landing area be at least 21M.
4. This is a measured event.
5. Contestants will jump into a soft surface of sand.
6. Contestants will have 3 jumps. A foul will be considered a jump.
7. Measurements are taken from where the nearest part of body (foot, hand, etc.) lands from the take-off board.
8. The longest jump will be the official jump recorded.
9. In the event of a tie, one additional jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

FIELD – DISCUS

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes for each form.
2. Enter Athlete's name and city.
3. Definition: A scratch will occur if athlete does not exit from the back half of the circle after the throw, if athlete steps over the front of the throwing circle or touches the circle with any part of the body or discus is not held with one hand. See NMSO Rule Book.
4. Indicate all throws in feet (') and inches (") to the nearest .25"
Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
5. If a scratch occurs on a throw, the throw will not be record and an "F" will be marked on line for that throw.
6. After athlete has made all his throws, record the longest throw on appropriate line.
7. If applicable a Tiebreaker, consisting of one throw, is required. Record distance for tiebreaker on appropriate line.
8. A competitor must be present for the play-off or he/she will concede and accept the next lower award.
9. If athletes are still tied after the tie-breaker, the second best throw of the official six throws will determine placement.
10. Scorer/Recorder and Sport Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Throw

(4) _____
Throw 1 2 3 4 5 6

(6) Longest Throw _____

7) Tiebreaker _____
(if applicable)

(10) Recorder/Scorer: _____
Initial

(10) Sport Coordinator: _____
Initial

FIELD – DISCUS

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – HIGH JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____
 (1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city.
3. A jumper may decline to jump at a given height in order to wait for the bar to be moved higher.
4. Indicate starting height for athlete in feet(') and inches(“) to nearest .25”
5. Each athlete will be allowed a total of three tries per height. If athlete misses on three successive jumps, they will be finished and highest height cleared will be indicated as their height.
6. If there is tie for highest height jumped, then athlete with the highest height cleared with fewest misses will be awarded the higher placement.
7. Scorer/Recorder and Sport Coordinator initial at bottom of sheet.

(2) Name _____

Indicate a miss with an X

(4) Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(2) City _____

Clearance with an O

Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(5) Highest Height Cleared _____

(2) Name _____

Indicate a miss with an X

(4) Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(2) City _____

Clearance with an O

Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(5) Highest Height Cleared _____

(7) Recorder/Scorer: _____
 Initial

(7) Sport Coordinator: _____
 Initial

FIELD – HIGH JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

Indicate a miss with an X

Height _____

Height _____

Height _____

City _____

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Name _____

Indicate a miss with an X

Height _____

Height _____

Height _____

City _____

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Name _____

Indicate a miss with an X

Height _____

Height _____

Height _____

City _____

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – JAVELIN

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city.
3. Javelin shall be held in one hand with the hand on the grip of the javelin, javelin tip must strike the ground before any other part of the javelin and javelin throws must land completely within the sector lines. Violation of these rules shall result in a scratch.
4. Scratch on a throw will be recorded as an "F" on appropriate line.
5. Record all throws in feet (') and inches (") to the nearest .25"
6. Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
7. Record the longest throw on the appropriate line.
8. In the event of a Tie, one throw, must be made. Record distance for tiebreaker as above on appropriate line.
9. A competitor must be present for the play-off or he/she will concede and accept the next lower award.
10. If still tied, second best throw of the 6 throws will be used to determine placement.
11. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Throw

(5) _____
 1 2 3 4 5 6

(7) Longest Throw _____

(8) Tiebreaker _____
(if applicable)

(11) Recorder/Scorer: _____
 Initial

(11) Sport Coordinator: _____
 Initial

FIELD – JAVELIN

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name City

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name City

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name City

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – LONG JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
 2. Enter Athlete's name and city.
 3. Indicate each jump in feet (‘) and inches (”) to the nearest .25”
 4. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
 5. Indicate the longest jump.
 6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
- Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best jump.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2)Name _____

(2) City _____

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(2)Name _____

(2) City _____

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(7) Recorder/Scorer: _____
Initial

(7) Sport Coordinator: _____
Initial

FIELD – LONG JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – LONG JUMP STANDING

SAMPLE SCORE SHEET WITH INSTRUCTIONS

- (1) Gender (M/F) _____
(1) Age Division _____(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
 2. Enter Athlete's name and city.
 3. Indicate each jump in feet (') and inches (") to the nearest .25"
 4. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
 5. Indicate the longest jump.
 6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
- Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best jump.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2)Name _____ (2) City _____
Distance Per Jump
(3) _____ (5) Longest Jump _____
(6) Tiebreaker _____
(if applicable) _____

(2)Name _____ (2) City _____
Distance Per Jump
(3) _____ (5) Longest Jump _____
(6) Tiebreaker _____
(if applicable) _____

(7) Recorder/Scorer: _____ (7) Sport Coordinator: _____
Initial Initial

FIELD – LONG JUMP STANDING

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

City _____

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name _____

City _____

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name _____

City _____

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name _____

City _____

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – POLE VAULT

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____
 (1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city
3. Indicate starting height for athlete in feet (') and inches (") to nearest .25"
4. Each athlete will be allowed a total of three tries per height. If athlete misses on three successive jumps, they will be finished and highest height cleared will be indicated as their height.
5. If there is tie for highest height jumped, then athlete with the highest height cleared with fewest misses will be awarded the higher placement.
6. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Indicate a miss with an X
 Clearance with an O

(3) Height of Bar: _____
 Height of Bar: _____
 Height of Bar: _____
 Height of Bar: _____
 Height of Bar: _____
 Height of Bar: _____

Highest Height
 Cleared _____

(6) Recorder/Scorer: _____
 Initial

(6) Sport Coordinator: _____
 Initial

FIELD – POLE VAULT SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name

City

Indicate a miss with an X
Clearance with an O

Height of Bar: _____
Height of Bar: _____
Height of Bar: _____
Height of Bar: _____
Height of Bar: _____
Height of Bar: _____

Highest Height
Cleared _____

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – SHOT PUT

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____
(1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city
3. Indicate all throws in feet (‘) and inches (”) to the nearest .25”
4. Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
5. Indicate the longest throw.
6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best throw.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(1)Name _____ (1) City _____
Distance Per Throw _____
(3) _____ _____ _____ _____ _____ _____
4) Longest Throw _____
6) Tiebreaker _____
(if applicable) _____

(1)Name _____ (1) City _____
Distance Per Throw _____
(3) _____ _____ _____ _____ _____ _____
4) Longest Throw _____
6) Tiebreaker _____
(if applicable) _____

(7)Recorder/Scorer: _____ (7) Sport Coordinator: _____
Initial Initial

FIELD – SHOT PUT

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____ City _____

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____ City _____

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____ City _____

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – TRIPLE JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city.
3. Indicate each jump in feet (') and inches (") to the nearest .25"
4. Competitor will take off with one foot, land with the second foot, and land with either the first foot or both feet.
5. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
6. Indicate the longest jump.
7. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
Reminder: Tiebreaker - one Tiebreaker allowed, if still tied, use second best jump.
8. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Jump

(3) _____
 1 2 3

(6) Longest Jump _____

(7) Tiebreaker _____
(if applicable)

(8) Recorder/Scorer: _____
 Initial

(8) Sport Coordinator: _____
 Initial

FIELD – TRIPLE JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial