

### **ATHLETICS - FIELD EVENTS**

#### NOTE:

*At National Finals the top 8 in field events will be given three further attempts with their initial distances being carried forward. At county level the county executive will decide the field events format but competitors must be notified of the format before the competition commences i.e. 3 attempts only or top 8 with a further 3 attempts.*

#### **BALL THROW**

##### **Boys & Girls U/12 years.**

1. The runway will be marked by two parallel lines 4m apart with a 90degree sector emanating from the corner points. The throw will be made from behind an arc which joins the two parallel lines which is derived from a point 2m back, all measurements will be taken as follows, the tape will be pulled through the centre point of the arc and measured at the dissection of the arc.
2. The competitor may throw the ball from



- a standing position or use the run up technique.
3. The competitor must throw the ball over arm.
  4. An under arm, side arm or any other technique will be deemed a foul throw.
  5. If a competitor touches any part of the scratch line or ground beyond with any part of his body, it is deemed a foul.
  6. A valid throw is signalled by a white flag being raised in the throwing area and a throw shall be measured. If a red flag is raised this signals a foul and the throw is not measured.
  7. A throw is complete when the ball stops rolling and must be measured at that point.
  8. A competitor will have 3 throws all of which will be taken in sequence as per county number.
  9. When all competitors have completed their throws the 8 competitors with the longest throws will compete in the final.
  10. Each of the 8 finalists shall take a further 3 throws in their original sequence.
  11. Ball size: Standard 2/College Ball.

### **DISCUS**

#### **Boys U/16 years.**

1. The throw will be made from a circle 2.5 metres in diameter.
2. The throw must fall within a 34.92 degrees sector.
3. When the throw is complete the competitor must leave from the rear half of the circle.
4. The weight of the discus will be 1 kg.
5. At all finals only the discus officially provided will be used by competitors.
6. All measurements will be made immediately after a valid throw.

Note: To obtain a 34.92 degree sector, mark an isosceles triangle from the centre of the circle with two equal sides of 10m and a base of 6m.



### **HIGH JUMP**

#### **Boys & Girls U/16 years.**

1. The competitors must take off from one foot.
2. Knocking the bar off the supports or touching the ground or the landing area beyond the place of the uprights with any part of the body without clearing the bar will count as failure.
3. The uprights or post will not be moved during the competition unless the field referee considers the take-off or landing area has become unsuitable. The change if required, will be made only after a round has been completed.



### JAVELIN

#### Girls U/16

1. The runway will be marked by two parallel lines 4 metres apart. The throw will be made from behind the arc of a circle drawn with a radius of 8 metres.
2. The Javelin must be held at the grip.
3. No throw will be valid in which the metal head does not strike the ground before any other part of the Javelin or when the competitor touches the arc with any part of her body or limbs. The competitor may cross either of the parallel lines provided she does not go beyond the end of the parallel lines.
4. At no time after preparing the throw, until the Javelin has been discharged into the air may the competitor turn completely around so that her back is to the throwing arc.
5. The Javelin must be thrown over the shoulder or the upper part of the throwing arm and must not be slung or hurled.
6. All throws to be valid must fall within the inner edge of lines marking the sector set out on the ground extending



for a distance of 90 metres. The lines extend from the centre of the circle of which the arc is part, through the points at which the arc joins the lines marking the runway. The end of the radius lines should be marked with sector flags.

7. Junior Javelin 600grams is used.
8. At the National Finals the Javelin officially provided will be used, competitors may use their own Javelins, subject to inspection by the track referee, and it must be made available to all the other competitors.
9. All measurements will be made immediately after a valid throw.



### **LONG JUMP**

#### **Boys & Girls U/14 years.**

1. The take-off will be marked by a board sunk level with the runway and the surface of the landing area.
2. It will be counted a failure if any competitor touches the ground beyond the take-off line whether running up without jumping or in the act of jumping.
3. All jumps will be measured from the mark nearest to the take-off line in the landing area, made by any part of the body or of the clothing worn.
4. Officials must ensure that “Break Marks” are clearly visible in the take-off area.



### **LONG PUCK**

**Boys U/12 years.**

**Girls U/14 years.**

Ball Size: Standard 2/College Ball

1. In the long puck the competitor commences his puck by striking the ball from his hand with his hurley from within a defined sector.
2. The competitor will have 3 attempts.
3. The puck may be taken from a running or standing position.
4. The puck must be taken from behind a single line which will be 1.25m in length and all measurements will be made from the centre point of this line to where the ball stops rolling.
5. Should a competitor in taking a puck, crosses the line either before or after striking the ball and before the ball has landed then that puck will be declared a foul.
6. Failure to make contact with the ball using the hurley will be considered an attempt and will be declared a foul, i.e. "a fresh air".
7. All Competitors will compete in sequence; one puck at a time and all



- pucks will be marked immediately after a valid puck.
8. When all pucks have been taken the 8 Competitors with the longest pucks will compete in a final “puck off” and will carry into the final “puck off” their longest pucks.
  9. Each of the 8 finalists will receive a further 3 pucks in their original sequence.
  10. Qualifiers from area or county preliminary competitions will not carry forward measurements to the area or county final.
  11. In the event of a tie at the end of the competition, a further 3 pucks will be taken by the competitors involved, in order to determine a final result.
  12. An Out of Bounds Area is defined at the National Finals.



### **SHOT PUTT**

#### **Boys & Girls U/14 years.**

1. The putt will be made from a circle 2.135 metres in diameter. The throw must fall within a 34.92 degree sector.
2. The shot will be putted from the shoulder with one hand only. From the time the competitor takes a stance in the circle to commence a putt, the shot will touch or be in close proximity to the chin and the hand will not be dropped below this position during the act of putting. The shot must not be brought behind the line of the shoulder.
3. All measurements will be made immediately after a valid putt.
4. When a competitor has completed his putt he must leave from the rear half of the circle.
5. The weight of the shot will be 3.25 kg.
6. At all finals only the shot officially provided will be used by competitors.