

# Senior Olympics Field Events Rules

## Playing Format

1. Field Events will be governed in general by standard rules recommended by The Athletic Congress (TAC) and National Senior Games Association except as noted below. For a copy of these rules please write or call:  
USA Track & Field  
One RCA Dome, Suite 140  
Indianapolis, IN 46225  
(317) 261-0500  
[www.usatf.org](http://www.usatf.org)  
National Senior Games Association  
P.O. Box 82059  
Baton Rouge, LA 70884-2059  
(225) 766-6800  
[www.nsga.com](http://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 (exhibition). There will be no awards for exhibition events.
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 category:

		Shot Put	Discus	Javelin
Men	50-59	6 Kg	1.5 Kg	700 gm
Men	60-69	5 Kg	1 Kg	600 gm
Men	70+	4 Kg	1 Kg	500 gm
Men	80+	3 Kg	1 Kg	400 gm
Women	50+	3 Kg	1 Kg	500 gm
Women	60+	3 Kg	1 Kg	400 gm
Women	80+	3 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.

## Field Event Playing Rules (cont)

- 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.
  - 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.
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.
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.
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. In the event of a tie the winner is the individual who cleared the bar at its greatest height with the fewest attempts.

## Field Event Playing 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 case of a tie, one additional jump will decide the winner. The contestants involved in a tie must be present at the conclusion of the age category event to participate in the play-off or he/she will concede and accept the next lower award.

### 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 case of a tie, an additional one jump will decide the winner.
9. The contestants involved in a tie must be present at the conclusion of the age category event to participate in the playoff or he/she will concede and accept the next lower award.

### 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. The winner is the last remaining competitor to clear the bar at its greatest height. In the event of a tie, the winner is the individual who cleared the bar at its greatest height with the fewest attempts.

## Field Event Playing Rules (cont)

### e) **Triple Jump (Exhibition)**

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 case of a tie, one additional jump will decide the winner. The contestants involved in a tie must be present at the conclusion of the age category event to participate in the play-off or he/she will concede and accept the next lower award.