

Points of Emphasis

- 1. Throws Safety – Shot Put, Discus and Javelin
- 2. Athlete Conduct
- 3. Preventive Officiating
- 4. Coaching Responsibilities



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

- 1. The games committee has flexibility to determine if athletes must report for a field event by flight or at the beginning of the event.
- 2. Backward, over-the-head or similar-style attempts are not permitted in field event warm-ups.
- 3. Application of foreign substances on shoes in throwing events is not permitted.
- 4. In vertical jumps, officials have flexibility to provide athletes with a warm-up at the height change if the 60-minute mark already occurred or would occur during the height that is about to begin.



Sport images provided by Alabama High School Athletic Association (above), Kansas State High School Activities Association (below)



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