

# Five Rules to Know

## FIELD EVENTS



### Valid Attempts

Each athlete is allowed a specified number of attempts (usually 3 or 6). A valid attempt requires the athlete to comply with event-specific rules (e.g., not touching the bar in high jump or landing within the sector in throws).

### Time Limits

Athletes must begin their attempt within a set time limit after being called (typically 30 seconds). Failing to start within this time results in a failed attempt.

### Measurement of Performance

In jumps, the measurement is taken from the take-off line to the nearest point of contact in the landing area. In throws, the distance is measured from the throwing circle or arc to the nearest mark in the landing sector.

### Fouls

Specific fouls vary by event, but common examples include:

- Touching the ground outside the circle in throwing events.
- Failing to clear the bar in high jump or pole vault.
- Overstepping the take-off board in long jump or triple jump.

### Sector and Equipment Rules

Throws must land within the marked sector (e.g.,  $34.92^\circ$  for most throwing events). Only approved equipment meeting weight and size specifications is allowed, and any modifications can lead to disqualification.