

NFHS RULES - 2019: FIELD EVENT FOULS SUMMARIZED BY CATEGORY

- This table is designed to teach the lesser known fouls and put some of the more obscure fouls into perspective by comparing/contrasting events.
- COLUMN 1 is commonly understood. COLUMN 4/ 5 are rarely seen. COLUMN 2 and 3 is what separates an OK official from a good official.

CAUTION: As with all rules summaries, there are some subtleties in the wording of the rules that cannot be captured in this format.

	BASIC FOUL	NOT-SO-BASIC FOUL	LANDING/EXITING FOUL	CHEATING FOUL	TECHNIQUE FOUL
DISCUS	<ul style="list-style-type: none"> •Touch outside circle •Out-of-Sector •Time limit 	<ul style="list-style-type: none"> •Hits cage/outside object and lands inside sector 	<ul style="list-style-type: none"> •Not out the back half •Exit before implement lands 	<ul style="list-style-type: none"> •Fail to pause 	
SHOT PUT		<ul style="list-style-type: none"> •Touch top/end of stopboard before leaving circle 			<ul style="list-style-type: none"> •Behind/below shoulder •Cartwheel
JAVELIN	<ul style="list-style-type: none"> •Touch on/over foul line • Out-of-Sector •Time limit 	<ul style="list-style-type: none"> •Touch on/over runway line 	<ul style="list-style-type: none"> •Not exit behind arc and side-extensions •Exit before javelin lands 		<ul style="list-style-type: none"> •360 turn before release •Below-shoulder throwing motion •Not held by grip
LONG JUMP	<ul style="list-style-type: none"> •Shoe extends over foul line •Time limit 	<ul style="list-style-type: none"> •Run across foul line extended •Shoe makes mark in front of foul line on takeoff 	<ul style="list-style-type: none"> •When landing/leaving, first touch outside pit is behind furthest back mark 		<ul style="list-style-type: none"> •Somersault in the air
TRIPLE JUMP					<ul style="list-style-type: none"> •Wrong foot hop/step landing •Somersault in the air
HIGH JUMP	<ul style="list-style-type: none"> •Displace bar in attempt to clear it •Time limit 	<ul style="list-style-type: none"> •Touch beyond plane of crossbar extended w/out clearing 		<ul style="list-style-type: none"> •Steady the bar •Use weights/artificial aids 	<ul style="list-style-type: none"> •Total body not over bar •2-footed takeoff
POLE VAULT	<ul style="list-style-type: none"> •Displace bar from original pins •Time limit 	<ul style="list-style-type: none"> •Pole displaces bar •Pole or body touch beyond zero point w/out first clearing •Leave ground in attempt w/out clearing 	<ul style="list-style-type: none"> •After clearing, contacts upright and displaces bar 	<ul style="list-style-type: none"> •Steady the bar with hand or arm •Touches pole preventing it from dislodging bar 	<ul style="list-style-type: none"> •Grip above top band •Total body not over bar •Raise upper hand higher •Raise lower hand on pole above upper hand

NCAA RULES – 2019/2020: FIELD EVENT FOULS SUMMARIZED BY CATEGORY

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	BASIC FOUL	NOT-SO-BASIC FOUL	LANDING/EXITING FOUL	CHEATING FOUL	TECHNIQUE FOUL
HAMMER/ WEIGHT	<ul style="list-style-type: none"> •Touch outside circle •Touch metal band (except inside surface) •Head lands Out-of-Sector •Time limit 				
DISCUS	<ul style="list-style-type: none"> •Touch outside circle •Touch metal band (except inside surface) 	<ul style="list-style-type: none"> •Drops discus outside circle during preliminary swings 	<ul style="list-style-type: none"> •Exit out the front half •Exit before implement lands 	<ul style="list-style-type: none"> •Fail to pause •Wear illegal device/tape •Throw an illegal implement 	
SHOT PUT	<ul style="list-style-type: none"> •Out-of-Sector •Time limit 	<ul style="list-style-type: none"> •Touch stop board (except inside surface) 			<ul style="list-style-type: none"> •Behind/below shoulder •Two-handed put •Cartwheel
JAVELIN	<ul style="list-style-type: none"> •Touch on/over foul line •Out-of-Sector •Time limit 	<ul style="list-style-type: none"> • Touch on/over runway line •Javelin not land head first 	<ul style="list-style-type: none"> •Not exit behind arc and side-extensions •Exit before implement lands 	<ul style="list-style-type: none"> •Wear illegal device/tape •Throw an illegal javelin 	<ul style="list-style-type: none"> •360 turn before release •Below-shoulder throwing motion •Not held by grip
LONG JUMP	<ul style="list-style-type: none"> • Shoe extends beyond foul line 	<ul style="list-style-type: none"> • Run beyond foul line extended 	<ul style="list-style-type: none"> • First touch outside pit when landing/leaving is behind furthest back mark 		<ul style="list-style-type: none"> •Somersault
TRIPLE JUMP	<ul style="list-style-type: none"> •Time limit 		<ul style="list-style-type: none"> • Before leaving landing area, walks back through landing area 		<ul style="list-style-type: none"> •Somersault •Wrong foot hop/step landing
HIGH JUMP	<ul style="list-style-type: none"> •Displace bar in attempt to clear •Time limit 	<ul style="list-style-type: none"> •Touch beyond plane of crossbar extended w/out first clearing (except incidental touch of pad) 			<ul style="list-style-type: none"> •2-footed takeoff
POLE VAULT	<ul style="list-style-type: none"> •Displace bar from original pegs •Time limit 	<ul style="list-style-type: none"> •Pole displaces bar •Pole or body touch beyond zero point w/out first clearing 		<ul style="list-style-type: none"> •Steady the bar 	<ul style="list-style-type: none"> •Grip above top band •Move upper hand higher •Raise lower hand above upper hand