

FIELD EVENTS

A. THROWING IMPLEMENTS USED

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN
Primary (g & b)	4 lbs	-	Turbo (500g) (Exhibition only)
Sub-Bantam (g & b)	6 lbs	-	Turbo (500g) (Exhibition only)
Bantam (g & b)	6 lbs	-	Turbo (500g) (Exhibition only)
Sub-Midget (g & b)	6 lbs	1.0 kg	Turbo (500g) (Exhibition only)
Midget (g & b)	6 lbs	1.0 kg	Turbo (500g) (Exhibition only)
Sub-Youth (g)	6 lbs	1.0 kg	600 grams
Youth (g)	6 lbs	1.0 kg	600 grams
Sub-Youth (b)	4 kg	1.0 kg	600 grams
Youth (b)	4 kg	1.0 kg	600 grams
Intermediate (g)	4 kg	1.0 kg	600 grams
Intermediate (b)	12 lbs	1.6 kg	800 grams
Young Women	4 kg	1.0 kg	600 grams
Young Men	12 lbs	1.6 kg	800 grams

For a list of authorized field events by age group for the AAU Athletics program, please refer to www.aausports.org

In all field events other than the High Jump and Pole Vault:

1. For National Qualifiers and National Championships, competition shall consist of three preliminary attempts followed by three final attempts (three plus three rule). In all other competitions, the local games committee will determine whether to apply the "3 plus 3" rule or a total of 4 attempts.
2. When there are eight or fewer competitors, all shall be allowed six trials, even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals.
3. The order of competition for the final three trials shall be in reverse order of the best performance in the first three trials.
4. Each competitor shall be credited with the best of all his/her attempts in the competition proper, including jumps or throws taken to break first-place ties.
5. All competitors shall take the first trials in order; then all shall take the second trials in like order, etc.

B. POLE VAULT

1. A competitor shall not use a training pole, a pole which is improperly marked, or a pole rated below his/her weight during warm-up or competition. Prior to warm-up, the Inspector of Implements shall inspect each pole to be used in competition to verify that the poles are legal equipment. **The Competitor's weight shall be at or below the manufacturer's pole rating.**
2. It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight. All pole vault athletes will be weighed at the pole vault area and must match the pole. Due to the large number of vaulters, the AAU will not follow USATF Rule 302-5i.

Note: The manufacturers must include, on each pole, a pole rating that shall be a minimum of one inch in contrasting color located within or above the top handhold

position with the exact position determined by the manufacturer.

C. CHECK-IN PROCEDURES

Field Event athletes should report to the chief official of that event, no less than thirty (30) minutes prior to the scheduled start of that event. Athletes, who fail to report prior to the completion of the first attempt of their designated flight, **will forfeit their ability to compete in that event.**