

Hammer Instructions

1. We will be using (NCAA) rules for this competition.
2. You may enter the circle from any direction.
3. You must pause before you start your attempt.
4. During your attempt you may not touch top of ring or outside of circle.
You may touch inside of ring.
5. The implement, not wire or handle, must land inside of sector lines. On or outside of sector will be a foul throw.
6. **After the Hammer lands**, you must exit out the rear half of circle.
Notice the side markers. Exit on or in front of markers will be a foul.
7. If Hammer grounds during attempt complete the throw. If it grounds and you stop your attempt, it will be a foul. To legally abort an attempt, the Hammer can not touch ground during attempt.
8. **60 SECONDS** to attempt a throw after called up

With Finals

9. You will have three attempts in the Prelims. There are () flights.
() will advance to finals for three more attempts.
10. There will be () scoring places in this contest
11. We will be using flags rather than calling mark or foul. We can not signal until you exit the rear half of circle. White flag means good and red flag means foul.
12. In Finals, an athlete missing their turn will be given a passed attempt
13. Your call up order will be: **UP, ON DECK, ON HOLD. THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
14. Your competition order will be: (??) Good Luck.