

which to stick the pole. It must, however, be no higher than the surface of the ground. Private poles may be used, but only by owners or with their permission. The pole vault standards must be 11 ft. or more in length.

**VIII.—Throwing the Hammer.** The hammer shall not be more than four feet in length, and shall weigh not less than twelve pounds. Fulfilling these conditions it may be of any size shape or material.

The hammer shall be thrown from a circle having a radius of three and one-half feet. But three attempts shall be allowed. An attempt is as follows: When the competitor takes his place inside the circle with the hammer then lets go of the hammer and the head strikes outside of this circle, it is an attempt. The distance shall be measured from the nearest break in the ground caused by the hammer head to the nearest point in the circumference of the circle. A foul shall count as an attempt, but shall not be measured. A foul is as follows: When a contestant has thrown the hammer, and any portion of his person touches the ground outside the line of the half circle in the direction of the throw before the distance has been measured. No "turn" is allowed. Private hammers may be used but only by the owners or with their permission.