



LITTLE ATHLETICS ACT

D LEVEL

OFFICIALS GUIDE

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STARTING

EQUIPMENT

Necessary	• Gun and Caps / Sound Activated Flash Gun • Ear Muffs • Warning Flags/Cards
Optional	• Sight Board • Whistle • Sun Protection
	• Flags or Two-Way Radios

The flags (White and Red) are used to signal between the Chief Timekeeper and the Starter to ensure the Timekeepers are ready for the start.

If you do not have flags or two-way radios, you can always wave a hat, shirt, or your hand.

The important thing is to communicate, not how sophisticated your communications are.

The word 'gun' in the following is used to represent any starting device

RULES

The Starter has control of the competitors on their marks and is the sole judge of any fact connected with the start. All races should be started by the actual report of a gun, but not before all competitors are quite still on their marks.

In races ***up to and including 400 metres*** the words of the Starter will be "***On your marks***", "***Set***", and when all the competitors are 'motionless' the gun will be fired.

In all races ***over 400 metres*** the words of the Starter shall be "***On your marks***", and when all the competitors are motionless the gun will be fired.

If for any reason the Starter has to speak to any competitor or stop the start after the competitors are on their marks, he/she shall order all competitors to "***Stand up please***" and step back one pace from the start line.

A competitor shall not touch either the start line or the ground in front of it with their hands, knees or feet when on his/her mark.

A competitor may use a standing start, crouch start or blocks (if allowed by the Rules of Competition) for laned events and standing start only for non laned events. A three point start (flying start) is not permitted

Any competitor making a false start must be warned verbally and by being shown a yellow flag/ yellow and black card. Any athlete responsible for two false starts, or three in a multi event, in the race will be disqualified after being shown a red flag/ red and black card.

If the Starter is of the opinion that the start was not a fair one he/she can recall the competitors by the firing of a second starting gun.

If the unfair start is not due to the action of any of the competitors, no warning is given.

OFFICIALS

A. The ***ideal*** number to run the start is ***three***.

- The Starter.
- The Check Starter.

- The Start Marshal.
- B. The *minimum* number of people required is *one*.
- C. • The Starter/Check Starter/Start Marshal

DUTIES OF THE OFFICIALS

Starter

The Starter should nearly always be in a position on the inside of the track and easily visible to the Timekeepers. The starting position for the starter to stand at for a 400 metre staggered lane start is usually on the outside of the track and behind the competitors such that it is possible for him/her to see all competitors. It is important that the Starter can see all the runners - especially on staggered starts. The Starter can be on a raised platform.

The starting procedure should be as follows:

- (1) take up position;
- (2) receive all clear from Chief Timekeeper (blow whistle and wave white flag if all clear is given) (otherwise wave red flag if a problem exists at the start, or use the two-way radio);
- (3) ensure all competitors are ready and standing about one pace back from the start line;
- (4) give the order "On your marks", competitors will move to their starting position;
- (5) allow time for the competitors to settle;
- (6) when all movement has ceased, raise gun and give the order "Set"; and
- (7) when all competitors are steady and perfectly still, and after a pause to allow full concentration, fire the gun.

The pause between the command "Set" and the firing of the gun is necessary to allow the Starter time in which to be sure that all movement has ceased and allows each competitor to reach full concentration. If the competitors are not motionless after a reasonable pause has elapsed then they should be stood up again.

Check Starter

This is not an essential position and is usually carried out by the Starter. However, the Check Starter's basic duty is to assist the Starter by ensuring that all competitors' hands and feet remain behind the starting line. The Check Starter must also ensure that the competitors do not start before the gun. If starting before the gun, the offending competitor is identified and the STARTER issues a warning to that competitor of the false start. At a false start, the Check Starter should fire a second gun (if available), and display a yellow flag/ yellow and black card to the competitor (or a red flag/ red and black card if it is the second false start for that competitor).

The STARTER is the only person who can disqualify a competitor after a second false start within the same track event.

Start Marshal

Once again this is not an essential position - the duties usually being carried out by the Age Marshal in charge of the particular group of children at the start. Basic duties are organising the children into heats and lanes, and generally keeping them under control while waiting for their race to start.

SAFETY

EAR MUFFS TO THE CORRECT AUSTRALIAN STANDARD MUST BE SUPPLIED - THESE ARE TO BE WORN.

***THE GUN SHOULD NOT BE DISCHARGED NEAR THE FACE OR NEAR ANY OTHER PERSON
WITHOUT EAR MUFFS.***

***CAPS ARE NOT TO BE KEPT IN POCKETS OR HELD LOOSE IN HANDS. SHEETS HAVE BEEN
KNOWN TO EXPLODE/IGNITE DUE TO HEAT.***

CAPS SHOULD BE KEPT IN THEIR BOXES OR A SAFETY TRAY/CONTAINER.

TIMEKEEPING AND PLACE JUDGING

EQUIPMENT

Necessary

- Stop Watches (8-10)

Optional

- Flags and Timing Gates
- Two-Way Radios

RULES AND GENERAL NOTES

Before commencing any work with the stop watch, it should be set at zero. The stop watch should be held so that it is activated with the index finger and not with the thumb. The index finger is the finger that starts the watch and also, as the *torso** of the competitor reaches the finishing line, is the finger used to stop the watch.

The stop watch is activated as soon as the Timekeeper *sees the smoke from the Starter's gun* (or the flash if a sound activated flash is in use).

THE WATCH SHOULD NOT BE STARTED AT THE SOUND OF THE GUN

BUT ON SIGHT OF THE SMOKE OR FLASH.

THIS IS ESSENTIAL FOR CORRECT TIMEKEEPING.

The Timekeeper must be ready to stop the watch immediately the *torso** of the competitor they are timing reaches the finishing line. Competitors are placed by Place Judges when their *torso** reaches the line.

Timekeepers must not reset their watches until directed by the Chief Timekeeper

- *The torso is that part of the body from below the neck to the waist, excluding hands and arms, but does include the shoulders.*

TIMEKEEPERS MUST BE ALLOCATED A PLACE AND TIME

THE ATHLETE REACHING THE FINISHING LINE IN THAT PLACE,

THEY MUST NOT BE ALLOCATED A LANE TO TIME.

POSITIONING OF TIMEKEEPERS AND PLACE JUDGES

Timekeepers

On the 'outside' of the running track on a sloped stand if possible with the closest person to the track approximately 5 metres back from the outside lane, and the others immediately behind, so that all Timekeepers look directly along the finishing line. It is recommended that the first place Timekeeper be closest to the track. If a sloped stand is not available those closest to the track must crouch down as the runners approach the line so that those at the rear have a clear view of the finish line.

Judges

On the 'inside' of the running track approximately 5 metres back from the inside lane. Judging is also taken from the *torso** of the competitor. To assist with judging white painted posts should be placed at the finish line 30 centimetres from the edge of the track.

The number of timekeepers and judges may be reduced when automatic timing is being used with enough of those positions to verify first, second, third and last place.

The TORSO is that part of the body from below the neck to the waist, ***excluding the arms and hands***, but does include the shoulders

OFFICIALS

Chief Timekeeper

- Be responsible for the timing of all track events with the help of a number of Timekeepers.
- Time first place position and allocate persons to time second, third, fourth and so on.
- Ensure that all Timekeepers are ready, with their watches set on zero, before signalling to the Starter by waving a white flag that all is ready to start the race. If a problem exists then a red flag is used.
- Check all times to ensure that they are in proper sequence.
- Be responsible for instructing all other Timekeepers to clear their watches on completion of the event and/or if there is a false start.

Note: The Chief Timekeeper, if using Place Judges, will make sure they are ready, before signalling the Starter.

Timekeepers

At the direction of the Chief Timekeeper, time all track events following the criteria as described in 'Rules & General Notes' above.

Judges

If there are enough people available, by all means use Place Judges, however if there are not enough people, Timekeepers will have to operate as both Timekeepers and Place Judges.

Where both are used the Judges have sole responsibility for deciding the placings. Times must **not** be used in any way to assist in deciding placings.

Judges operate from the opposite side of the track to the Timekeepers, and place the competitors in the order of finishing at the completion of each race. Each Judge should be assigned a particular placing.

Times

If a hand timed digital watch is used and the time is 11.21 seconds, it should be read and recorded as 11.3 seconds. One hundredths of a second should be rounded up to the tenth of a second **above** the actual reading.

All hand timing is to tenths for all LAACT distances and automatic times recorded to 1/100 second rounded to the next longer 1/100 second.

Recording

Record results of rounded up times on appropriate paperwork for applicable placegetters and hand an applicable record directly to the competitor concerned.

However at meetings where Place Judges are being used, the times for each placing are recorded separately from the place judging results. In this instance the paperwork recording the times will be

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processed through the Chief Timekeeper only, before being passed onto the recorders. The place slip recorded by each Place Judge will be processed through the Chief Place Judge only, before being passed onto the recorders.

If two or more watches are being used to time first place, all these times should be recorded on the appropriate paperwork to facilitate the verification of records, even if it is not apparent that a record has been broken. If the times agree then that is the time recorded. For two watches, if they do not agree then the longer time is recorded. For three watches, if two agree then this time is recorded but if all watches disagree then the middle time is recorded. This will prevent any competitor being disappointed and possible embarrassment by officials.

SHOT PUT

EQUIPMENT

- Necessary**
- 1 x 15 metre (*or longer*) Measuring Tape
 - 1 x Spotting Spike
 - 5 x Shot Puts

WEIGHTS FOR RESPECTIVE AGES

- | | | |
|---------|----------|--------------------------------|
| • 1Kg | (Blue) | U6 & U7 Boys & Girls |
| • 1.5Kg | (Yellow) | U8 Boys & Girls |
| • 2 Kg | (Orange) | U9, U10 & U11 Boys & Girls |
| | | U12 Girls |
| • 3 Kg | (White) | U12, U13 & U14 Boys |
| | | U13, U14, U15, U16 & U17 Girls |
| • 4 Kg | (Red) | U15 & U16 Boys |
| • 5 Kg | (Green) | U17 Boys |

RULES AND MEASURING

Each competitor is entitled to three attempts, but they must not be consecutive.

At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity of the neck or the chin and **the hand shall not be dropped** below this position during the action of putting. The shot shall be put from the shoulder, **shall not be taken behind the line** of the shoulders and shall be put with one hand only with a forward movement.

When putting the shot, it should be noted that the competitor may stop at any time during the attempt and restart so long as they return to a stationary position before recommencing. A competitor may leave the circle (from the rear only) by placing the shot put on the ground within the circle, then re-enter and recommence the throw again.

A competitor may enter the circle from any direction but must leave the circle in such a way that their first contact with the ground outside the circle is behind the centre line extension. (There will be a line extending 75 centimetres on each side of the throwing circle which if joined would pass through the centre of the circle). ***A competitor leaving the circle in front of this line has fouled the attempt.***

Once the competitor has entered the circle, and begun to make a throw, the ground outside the circle and the top of the stop board must not be touched. ***This is a foul.***

Upon completion of the trial, the competitor must leave the circle in such a way that their first contact outside the circle is behind the centre line extension. Competitors must not leave the circle until the shot has landed

To be measured, the shot must land entirely within the sector tapes with no part of the shot touching the sector tape. The measurement is taken from where the shot first hits the ground (it may then roll away). If the shot ***lands*** on the sector tape, ***this is a foul.***

Measurement of the put is taken by placing the measuring spike/zero-end of the tape at the landing imprint edge closest to the throwing circle. The measuring tape is ***pulled through the centre of the circle***, and the reading is then taken from the ***inside*** edge of the stop board.

The recorded measurement is the ***actual*** distance rounded down to the nearest whole centimetre (eg 7.559 metres is recorded as 7.55 metres. If the throw is 5.48 metres it is recorded as 5.48 metres).

OFFICIALS

A. The *ideal* number to run the Shot Put is five.

- Chief Judge
- Sector Judge/Spotter
- Measuring Assistant
- Recorder/ Age Marshal
- Person to return the Shot Put to the circle

CHIEF'S POSITION AT CIRCLE

Right hand side for Right Handed

B. The *minimum* number required is *three*.

- Chief Judge/Measuring Assistant
- Sector Judge/Spotter
- Person to return the Shot Put to the circle.

**Left hand side for Left Handed
thrower**

DUTIES OF THE OFFICIALS

Chief Judge

Location is at the shot circle, standing at the relevant side for judging right hand and left hand throws.

The Chief Judge determines the attempt is fair, using the criteria in 'Rules & Measuring' above. Having received an indication from the Sector Judge/Spotter that the throw is valid (ie not a foul), measures the throw by pulling the tape through the centre of the circle, reading the tape and calling the distance to the recorder. A record must be verified immediately by the Field Referee to qualify as an official record. Update all relevant paperwork with the newly achieved record before any further competition occurs.

Sector Judge/Spotter

Location is in the throwing sector.

Assist the Chief Judge by spotting, and placing the spike/measuring tape at the appropriate place and judge if the throw is a foul indicating to the Chief Judge its validity. (As described in 'Rules & Measuring' above).

Measuring Assistant

Location is at the circle.

As the Chief Judge cannot watch both hands and feet simultaneously the Measuring Assistant can watch for foot fouls.

Pull the tape through the centre of the circle, holding the tape in place until the Chief Judge has read and called the distance of the throw being measured.

Recorder/Age Marshal

Refer to the separate section on recording at the end of this guide.

SAFETY

***ENSURE THAT ALL CHILDREN STAND BEHIND THE THROWING
CIRCLE WHILE THE EVENT IS IN PROGRESS.***

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THE SHOT MUST BE CARRIED BACK NOT THROWN

ATHLETES MUST NOT PLAY WITH SPARE SHOT PUTS WHILST WAITING TO THROW

***OFFICIALS SHOULD NOT TURN THEIR BACK ON THE THROWING AREA ONCE ENTERED BY
A COMPETITOR***

DISCUS

EQUIPMENT

- Necessary**
- 1x 50 metre (*or longer*) Measuring Tape.
 - 1 x Spotting Spike.
 - 4 x Discus (*or more*).

WEIGHTS FOR RESPECTIVE AGES

- 350 gram U6 & U7 Boys & Girls
- 500 gram U8,U9 & U10 Boys & Girls
- 750 gram U11 & U12 Boys & Girls, U13 Girls
- 1 Kg U13, U14, U15 and U16 Boys, U14, U15, U16 and U17 Girls
- 1.5 Kg U17 Boys

RULES AND MEASURING

As there are no specific rules on how the discus must be thrown a few different types of throws you may encounter are listed below:

All are fair throws

- a. A single handed under arm throw.
- b. A bowling action over the head.
- c. A double handed throw.

Each competitor is entitled to three throws, but they must not be consecutive.

It shall be a foul throw if the competitor, after they have stepped into the circle and begun to make a throw, touches with any part of their body, the ground outside the circle or the top edge of the iron band.

The foot or any part of the body may go outside the circle as long as it ***does not touch*** the ground or the top of the rim of the circle.

The competitor must be in a stationary position in the circle before they commence the throw. A competitor may leave the circle (from the rear part of the circle), if after coming to a stationary state, place the discus on the ground within the circle; then re-enter and commence the throw again.

A competitor may enter the circle from any direction but must leave the circle in such a way that their first contact with the ground outside the circle is behind the centre line extension. (There will be a line extending 75 centimetres on each side of the throwing circle which if joined would pass through the centre of the circle). ***A competitor leaving the circle in front of this line has fouled the attempt.***

The discus must land totally within the throwing sector to be a fair throw. If the discus lands with part of, or the whole of, the discus either on or outside the sector tapes, ***it is a foul throw.***

The discus may hit the ground first totally within the throwing sector, then skid out over the sector tape and stop outside the throwing sector. ***This would be a fair throw.***

If the discus hits the net/cage and falls within the sector lines, this would be a fair throw.

The competitor must not leave the circle until the discus has landed.

The measurement is taken from the point nearest to the throwing circle where the discus first hit the ground, to the inside rim of the throwing circle. The measuring spike/zero-end of the tape should be at the landing point in the sector.

The spotter places the spike (zero end of the tape) at the point where the edge of the discus first hit the ground, nearest the throwing circle. ***The tape is pulled tight from behind the circle to pass through the centre of the circle.*** The throw is measured to the ***inside of the rim*** of the circle, and is recorded as the actual distance rounded down to the nearest whole centimetre (eg: if the throw is 16.115 metres it is recorded as 16.11 metres. If the throw is 16.12 metres it is recorded as 16.12 metres).

OFFICIALS

A. The ***ideal*** number to run the discus is ***five***

- Chief Judge
- Sector Judge/Spotter
- Measuring Assistant
- Recorder/Age Marshal
- Person to return the discus to the circle.

CHIEF'S POSITION AT CIRCLE

***Left hand side for Right Handed
thrower***

***Right hand side for Left Handed
thrower***

B. The ***minimum*** number is ***three***.

- Chief Judge/Measuring Assistant
- Sector Judge/Spotter
- Person to return the discus to the circle.

DUTIES

Chief Judge

Determine that the throw is fair, using the criteria in 'Rules & Measuring' above. After having received an indication from the Sector Judge/Spotter that the throw is valid (ie not a foul), measure the throw by pulling the tape through the centre of the circle, reading the tape and calling the distance to the recorder. A record must be verified immediately by the Field Referee to qualify as an official record. Update all relevant paperwork with the newly achieved record before any further competition occurs.

Sector Judge/Spotter

Location is in the throwing sector

Assist the Chief Judge by spotting, placing the measuring spike/zero-end of the measuring tape at the appropriate place, raising a white flag for a legal throw and a red flag to indicate a foul (as described in 'Rules & Measurement' above).

Measuring Assistant

Location is at the circle

Observe the foot placement of the competitors. Pull the tape through the centre of the circle, holding the tape in place until the Chief Judge has read and called the distance of the throw being measured.

Recorder/Age Marshal

Refer to the separate section on recording in this Guide.

SAFETY

THE CHIEF JUDGE SHOULD BE LOCATED AT THE DISCUS CIRCLE, STANDING AT THE LEFT FOR A RIGHT HAND THROWER AND THE RIGHT FOR A LEFT HAND THROWER.

THIS IS FOR SAFETY REASONS. THERE ARE NO REQUIREMENTS FOR THE CHIEF JUDGE TO CHECK HAND FOULS.

THE DISCUS MUST BE CARRIED BACK NOT THROWN.

A SAFETY NET/CAGE SHOULD BE PROVIDED AROUND THE THROWING CIRCLE AND THE OFFICIALS MUST STAND OUTSIDE THIS NET/CAGE WHILST A COMPETITOR IS MAKING A THROW

ATHLETES MUST EITHER STAND/SIT BEHIND THE SAFETY NET/CAGE OR STAND/SIT IN A DESIGNATED SAFE AREA WHILST THE EVENT IS IN PROGRESS

OFFICIALS BEYOND THE SAFETY CAGE/NET SHOULD NOT TURN THEIR BACK ON THE THROWING AREA ONCE A COMPETITOR HAS ENTERED THAT AREA

JAVELIN

EQUIPMENT

Necessary	<ul style="list-style-type: none">• 1 x 50 metre (<i>or longer</i>) measuring tape• 1 x spotting Spike• 2 x Javelins• 2 x White Flags• 2 x Red Flags	<ul style="list-style-type: none">} 1 set for each Chief} and Sector Judge
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WEIGHT FOR RESPECTIVE AGES

• 400 grams	U11 & U12 Boys & Girls and U13 & U14 Girls
• 500 grams	U15, U16 & U17 Girls
• 600 grams	U13 & U14 Boys
• 700 grams	U15, U16 & U17 Boys

RULES AND MEASURING

Each competitor is entitled to three attempts, but they should not be consecutive.

The Javelin must be held at the grip.

It **must** be thrown over the shoulder or upper arm. *It is a foul throw if this is not adhered to.*

It **must not** be thrown with a slinging or hurling action.

The competitor **must not** turn their back to the throwing area at any time during the runup.

The feet (nor any part of the competitor's body) **must not be allowed** to touch the throwing foul line or go over the foul line and touch the ground in the throwing sector.

It is not a foul if the end of the javelin touches the ground during the runup

After completing the throw the competitor **must** leave the runup area from behind the curved foul throw line and the winged marks on either side of the runup.

The competitor **must not** leave the run-up area before the Javelin has hit the ground.

The javelin **must** strike the ground with the tip of the metal head first. It *does not* have to stick into the ground or leave a mark.

The javelin **must** land within the marked sector. *On the sector line or outside the sector is a foul.*

If the tip of the metal head of the javelin first hits the ground inside the throwing sector and then skids out over the sector line the throw is valid. Equally if the tip of the metal head hits the ground inside the throwing sector and the javelin flips over with any part of it hitting outside the sector or on the sector line, the throw is fair.

The measurement is taken from where the javelin first strikes the ground with the tip of the metal head. The Sector Judge will raise the white flag for a fair throw - red for a foul throw. The Spotter then places the spike/zero-end of the tape at that point. The tape is pulled through the throwing area and down the

runway through the centre of the sector lines intersection point on the runway (8 metres into the runup area). The measurement is then read to the runup side of the throwing foul line.

The javelin measurement is taken as the actual measurement rounded down to the nearest whole centimetre (eg: if the throw measures 24.255 metres it is recorded as 24.25 metres. If the throw is 18.66 metres it is recorded as 18.66 metres.)

OFFICIALS

A. The *ideal* number to run the Javelin is *six*.

- Chief Judge
- Sector Judge
- Spotter
- Measuring Assistant
- Recorder/Age Marshal
- Someone to return the javelin to the throwing area.

CHIEF'S POSITION AT RUNUP

**Right hand side for Right Handed
thrower**

B. The *minimum* number of people required is *four*.

- Chief Judge
- Spotter/Sector Judge
- Measuring Assistant
- Recorder/Age Marshal

**Left hand side for Left Handed
thrower**

DUTIES

Chief Judge

Location is near the foul line, to the right for right handed throwers, to the left for left handed throwers.

Call out in a loud clear voice "Heads Ups", alerting all officials and competitors to the fact that a throw is about to commence. Do not allow the throw to proceed if a safety issue exists.

Determine that the throw is fair, using the criteria in 'Rules & Measuring' above. It is the Chief Judge's responsibility to determine *hand/arm* fouls. Having received a white flag from the sector Judge, measure the throw by having the tape pulled through and reading the measurement from the runup side of the throwing foul line.

The measurement is called to the recorder. A new record must be verified immediately by the Field Referee to qualify as an official record. Update all relevant paperwork with the newly achieved record before any further competition occurs.

Sector Judge

Location is in the throwing sector, in a sensible position facing the thrower, and concentration is essential

Determine that the javelin has landed in the sector correctly, using the criteria in 'Rules & Measuring' above, and indicate the same by raising a white flag. A red flag is used to indicate a foul. Remember that the Chief Judge is waiting for a flag to be shown before the throw can be measured.

Spotter

Location is to the side of the throwing sector, in a sensible position facing the thrower, and concentration is essential.

Place the zero end of the tape, generally using a spike, where the javelin tip first struck the ground as indicated by the Sector Judge. Hold the spike/tape in position until the Chief Judge has read the distance.

Measuring Assistant

Location is in the runway.

Check for foot fouls using the criteria in 'Rules & Measurement' above. Show a white flag if no foot foul has occurred, or a red flag if a foot foul has occurred.

When the spotter has placed the zero-end of the tape in position, pull the tape through the centre of the sector lines intersection point on the runway (8 metres into the runup area).

Recorder/Age Marshal

See separate section on recording in this Guide.

SAFETY

COMMON SENSE IS REQUIRED TO RUN THE JAVELIN SAFELY. IF YOU DO NOT HAVE COMPETENT PEOPLE, DO NOT CONDUCT THE EVENT.

CORRECT SAFETY PROCEDURES ARE ESSENTIAL WHEN CONDUCTING JAVELIN EVENTS.

CHILDREN SHOULD ONLY HANDLE THE JAVELIN WHEN THEY ARE ACTUALLY COMPETING.

CHILDREN NOT CURRENTLY COMPETING SHOULD STAND (OR SIT DOWN) IN A SENSIBLE POSITION AND SHOULD ALWAYS FACE TOWARDS THE THROWER.

BOTH ENDS OF THE JAVELIN HAVE THE POTENTIAL TO CAUSE INJURY

DO NOT ATTEMPT TO REMOVE A JAVELIN THAT PENETRATED INTO THE GROUND BY PULLING IT TOWARDS AND INTO YOUR BODY

AFTER EACH THROW THE JAVELIN MUST BE CARRIED BACK TO THE RUNWAY (WITH THE JAVELIN POINT FACING DOWN TOWARDS THE GROUND) NEVER THROWN.

LONG JUMP/TRIPLE JUMP

EQUIPMENT

- 1 x locating spike for pit.
- 1 x 30 metre tape measure.
- 1 x rake.
- 1 x shovel (for turning over the sand to give a nice soft landing).
- 1 x hand brush (for smoothing over the sand on the take-off mats).
- Watering can.
- Markers for takeoff area.

Long Jump:

- 1 x one metre square take off board/mat for the U6 to U9 age group inclusive
- 1 x 1/2 metre by one metre take off board/mat for the U10 to U12 age groups inclusive.
- 1 x one metre by 20 centimetres take off board for the U13 age group and up - if available. If not mark a 20 centimetre black line across the leading edge of a take off mat or white line on a synthetic runup for use by the U13 age group upwards.

Triple Jump:

- 1 x one metre by 1/2 metre take-off board/mat for the U11 to U12 age groups inclusive.
- and/or**
- 3 x one metre by 1/2 metre take-off boards/mats to be placed at the 5 metre/7 metre/ 9 metre positions for the U11 to U12 age groups inclusive.
 - 4 x one metre by 20 centimetres take-off boards to be placed at the 5 metre/7 metre/9 metre/11 metre positions for the U13 to U17 age groups inclusive.

Placement of the take-off board/mats for the **Long Jump** should be a minimum of:

- 0.5 metres from the edge of the jump pit to the front edge of the one metre square mat for the U6 to U7 age groups;
- one metre from the edge of the jump edge to the front edge of the take-off mats for the U8 to U12 age groups,
- not less than one metre but no more than two metres from the leading edge of the take-off area to the edge of the pit edge for the U13 to U17 age groups.

In **Triple Jump** the three mats are placed with the first mat 5 metres from the front edge of the mat to the beginning of the pit; the second mat 7 metres from the front edge of the mat to the beginning of the pit; the third mat 9 metres from the front edge of the mat to the beginning of the pit; or one mat can be used and moved to the various distances.

RULES AND MEASURING

Each competitor is to be allowed three (3) jumps, ie one jump per round, not three consecutive jumps.

A *foul jump* will be recorded if:

- The competitor takes off from outside either side of the metre width, whether beyond or behind the extension front line of the take-off area.
- Any part of the competitor's take-off foot protrudes over the front line of the take-off area.
- After completing a jump the competitor walks back through the pit without first correctly exiting the pit
- In the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.

- When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the takeoff line than the nearest break in the sand made on landing.
- In the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- Any type of somersaulting is used.
- If the competitor fails to land in the pit (landing on the runup constitutes a foul).
- If the competitor runs past the front edge of either the one metre square/one metre x 1/2 metre mat/20 centimetre board in the course of the runup.

The **Triple Jump** must comply with the following definition:

HOP - STEP - JUMP

'The hop shall be made so that the competitor shall land upon the same foot with which he/she shall have taken off, in the step he/she shall land on the other foot from which consequently the jump is performed.'

It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping leg"

Measurements are made to the nearest centimetre **below** (eg: 3.426 metres is recorded as 3.42 metres, and a jump of 3.84 metres will be recorded as 3.84 metres). The jump is measured as the shortest distance from the break in the sand nearest to the take-off point (**regardless of what part of the body made the mark**) to the point of imprint of the competitor's takeoff foot nearest the landing point. A steel spike marks the landing point and the zero-end of the tape is held at this break in the sand. The tape should be held horizontally from the level of the take-off point and pulled tight.

For the Under 13,14, 15,16 and 17 age groups in both Long and Triple Jumps on each occasion, the measurement is taken from the front or front extension of the board/mat not the imprint of the takeoff foot. The measurement is taken perpendicular to the back of the mat or its extension

In the Triple Jump, a competitor can nominate which take-off board/mat they wish to use for the attempt. The Chief Judge will place a green and white striped marker or coloured cone on each side of the nominated take-off zone to assist both the competitor and officials. Such markers should also be used for the Long Jump takeoff area.

U6-U12 Age Groups

If the athlete takes off before reaching the take-off mat, then the jump shall be measured from the nearest break in the sand made by any part of the body or limb to the furthest edge or its extension of the take-off mat (just used) from the landing area. This measurement is taken perpendicular to the back of the mat or its extension.

Triple Jump measurements are taken in the same manner, except from the 5,7, or 9 metre mats for the U11 to U12 age groups.

OFFICIALS

A. The *ideal* number to run the Long/Triple Jump is *five*:

- Chief Judge
- Spiker
- Measuring Assistant
- Raker
- Recorder/Age Marshal

B. The *minimum* number required is *three*:

- Chief Judge
- Spiker/Measuring Assistant/Raker
- Recorder/Age Marshal

DUTIES

Chief Judge

Location is at the take-off mat.

Determine that the jump was fair using the criteria in 'Rules & Measuring' above. Particular care should be paid to the sequence of the Triple Jump (viewed from immediately behind is probably the easiest).

Read the tape and call the distance to the recorder. A new record must be verified immediately by the Field Referee to qualify as an official record. **DO NOT** rake any sand until the record has been checked. Update all relevant paperwork with the newly achieved record before any further competition occurs.

Spiker

Location is in the Long/Triple Jump pit.

When the jump has been completed and the competitor has left the pit, place the zero-end of the measuring tape, normally on a spike, at the edge of the imprint in the sand nearest the take-off area and wait for the Chief Judge to read the distance at the take-off board/mat.

Measuring Assistant

Location is at the take-off are.

Prior to the start of the event, sprinkle some sand on the metre wide take-off areas to an approximate depth of one centimetre. Dampen the sand using a watering can.

U6 to U12s. When the competitor has completed a jump and the spiker has placed the tape at the appropriate place in the pit, pull the tape through the imprint of the foot made on the take-off mat. The Chief Judge will then read the distance. Smooth out the sand on the take-off mat ready for the next competitor.

U13 to U15s. When the competitor has completed a jump and the spiker has placed the tape at the appropriate place in the pit, pull the tape through the front of the take-off board and hold it tight until the Chief Judge has read the distance.

Raker

Location is at the jump pit.

Before the start of the event rake the sand in the pit until it is reasonably level, and repeat this procedure at the completion of each jump. Always rake the sand back to the runup and not to the sides.

Recorder/Age Marshal

Refer to the separate recording section in this Guide.

SAFETY

THE PIT HAS BEEN DUG OVER AND INSPECTED FOR AND CLEARED OF ANY FOREIGN OBJECTS PRIOR TO THE EVENT COMMENCING

THE RAKE IS ALWAYS OUT OF HARMS WAY

ENSURE THE ATHLETES DOING THE TRIPLE JUMP CAN REACH THE PIT SAFELY

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ENSURE THE RUNWAY IS CLEAR OF OBJECTS EG SHOES , MARKERS
FOOTWEAR MUST BE SUITABLE FOR THE SURFACE OF THE RUNWAY
WAITING ATHLETES DO NOT ENCROACH ON THE RUNWAY

HIGH JUMP

EQUIPMENT

Essential

- 2 x Uprights
- 1 x Crossbar
- 1 x calibrated measuring stick
- Safe landing mat or mats for both Scissors and Fosbury Flop

Set up High Jump by placing the landing mat/s in a suitable position on the field.

Place uprights immediately in front of the mat/s, the correct distance apart to hold the cross bar.

The crossbar supports **MUST FACE EACH OTHER** and not to the front or the back of the landing mats. If facing the front of the landing mats the competitors will injure themselves because in order to dislodge the crossbar the uprights would have to be knocked over. If facing to the back of the mats the crossbar would need to travel the length of the supports before falling off.

The use of restraining straps should be considered for the 'Flop' technique especially for those Age Groups undergoing training in the technique

RULES AND MEASURING

In High Jump there are two main types of jumps:

- The Fosbury Flop
- The Scissors

It is recommended that athletes not attempt the Fosbury Flop until they are proficient at the Scissors Technique, and it is recommended that U11s competitors and younger not use the Fosbury Flop until coached and deemed proficient to use the technique.

The Scissors Jump is one where the head of the competitor does not go over the bar before the feet, the head is not below the buttocks in clearing the bar, and the hands must not touch the landing area before the feet touch down.

At Centre Level it is recommended that the starting height be set at a height that all competitors can achieve. Centre recorders will be able to assist in this respect to give guidance of the heights for the various age groups.

Each competitor is allowed three attempts to clear a particular height, ie when all competitors have completed their first attempt, the first attempt failures try again. Second attempt failures then have their third and final attempt.

A competitor may baulk as many times as they wish providing the attempt is not declared a failure and is completed within the time limit which is 60 seconds (>3competitors), 90 seconds (2-3 competitors) and 3 minutes for one competitor.

If the bar falls off without having been knocked off by the competitor eg due to strong winds, the competitor is not penalised

If when jumping, the competitor touches the landing area with a foot and, in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure.

A **Failed Jump** occurs in the following ways:

- A competitor knocks the bar off the supports
- A competitor takes off from two feet (only a one foot take-off is allowed)
- A competitor knocks the crossbar, and before it can fall off, takes hold of it and replaces it.
- Regardless of whether the competitor is on the landing mats or off the landing mats, if in the opinion of the Chief Judge, the competitor has knocked the crossbar and it has taken some time to vibrate off the upright supports.
- A competitor, after starting the runup baulks and any part of their body passes under the crossbar or behind the line of the uprights, **and** touches either the mats or the landing area. This is a foul or missed jump.

A competitor may choose not to jump at a particular height. This is not a missed jump. It is a pass.

If a competitor misses three times at three different heights on consecutive jumps, they are out of the competition.

Eg: 1.05 metres miss then pass* this height
 1.07 metres miss then pass* this height
 1.09 metres miss
 * Remember - a pass is choosing not to contest this height.

After the attempt at 1.09 metres the competitor has missed three consecutive jumps and is out of the competition.

Height measurement is always taken at the lowest point, usually the middle of the crossbar due to sag, and is measured before the competitors attempt it.

When setting the height of the crossbar, set each end equally to maintain levelness against the ground being used and then raise in the middle to the correct height required. The height of the crossbar is always measured to the **TOP** of the bar.

The height of the bar should be increased by five (5) centimetres increments until six or less competitors remain. The Chief Judge is in control of the crossbar height adjustments, not the competitors. When there are six or less competitors left the increments are in 2 centimetre steps until only one competitor remains. At that stage the competitor may choose whatever increments are desired.

An attempt at a new record height must be verified by the Field Referee **prior** to the jump trial commencing, otherwise the jump even if successful will not be recognised as an official record. If successful, update all relevant paperwork with the newly achieved record before any further competition occurs.

OFFICIALS

A. The **ideal** number to run the High Jump is **four**.

- Chief Judge
- Two Assistants to raise and lower the crossbar
- Recorder/Age Marshal

B. The *minimum* number required is *two*.

- Chief Judge
- Recorder/Assistant to help replace the crossbar and change its height

DUTIES

Chief Judge

Location is at the High Jump Stand.

Ensure appropriate and safe landing mats are used.

Set the crossbar at an appropriate height for the competitors' age group and let each competitor have their first attempt.

Inform competitors if they have made an incorrect or foul jump, and explain why if any misunderstanding.

When all competitors have completed their first attempt, let the first attempt failures try again.

Allow any second attempt failures to make their third and final attempt.

Be aware of the record height for the age group competing. When the competition is completed check the recording sheet, signing it and dating it prior to passing it onto the recorder.

Assistant No. 1 & No. 2

Location is at the uprights, one at each side.

Set the bar at the commencing height as decided by the Chief Judge, who will measure the height at the centre of the crossbar using the calibrated measuring stick. Ensure the supports are level.

Check that the mats will provide a safe landing before each competitor attempts a jump.

Replace the bar each time it becomes dislodged and orientated exactly the same way as before.

Recorder/Age Marshal

Refer to separate section for recording in this Guide.

SAFETY

MATS FOR THE FOSBURY FLOP SHOULD BE A MINIMUM OF 40 CENTIMETRES TO 61 CENTIMETRES THICK, WITH AN AREA OF 4 METRES LONG X 2.5 METRES WIDE.

IF THE AREA IS COVERED BY MORE THAN ONE MAT, THE MATS SHOULD BE STRAPPED TOGETHER (AROUND THE EDGES) TO FORM ONE UNIT.

THE MATS SHOULD BE MIDDLE OF THE ROAD DENSITY - NOT SOLID - PREFERABLY AN AIR CELL CONSTRUCTION.

MATS FOR THE SCISSORS SHOULD BE A MINIMUM OF 15 CENTIMETRES THICK, COVERING AN AREA OF 2.5 METRES X 1.8 METRES OF SINGLE STAGE FOAM.

***ENSURE THE TAKEOFF AREA IS INSPECTED FOR FOREIGN OBJECTS AND THEY ARE
REMOVED PRIOR TO THE EVENT COMMENCING***

***ADVISE THE ATHLETES TO JUMP SO THAT THEY LAND IN THE CENTRE OF THE LANDING
AREA BAGS***

WALK JUDGING

EQUIPMENT

- Judge's caution and warning 'paddles' or cards
- Judge's caution and warning recording sheets

RULES

RACE WALKING IS A PROGRESSION OF STEPS SO TAKEN THAT UNBROKEN CONTACT WITH THE GROUND IS MAINTAINED AT ALL TIMES.

1. During the period of each step, the advancing foot of the walker (heel first) must make contact with the ground before the rear foot leaves the ground - Double Contact stage.

CONTACT RULE

2. The advancing leg shall be straightened (ie not bent at the knee) from the moment of first contact with the ground until the vertical upright position (ie directly underneath the body).

KNEE RULE

THESE ARE THE TWO BASIC RULES OF WALKING

Athletes should be cautioned verbally and visually if they are in danger of breaking the rules and warned verbally and visually if they are not complying with the rules. For the first half of the season for U10s and U11s consideration should be given to the issue of tickets showing levels of correctness instead of time slips and this will discourage running.

The walk judges should be in positions on the outside of the track to cover all the track as directed by the Chief Judge who judges at the start and finish. The judge observes the competitors from approximately seven (7) metres away approaching the judge, level with the judge, and approximately seven (7) metres departing and always judges as an individual without any outside influence.

Walk judges including the Chief Judge do not act as Track Umpires and do not record violations of the track rules.

Walk judges including the Chief Judge should not judge races in which they have a family or coaching relationship with any of the competitors. Judges should inform the Chief Judge of such a relationship before the race.

When no other qualified judges are available, a person who is familiar with walks can control the event from inside the track - senior members can be used to assist with younger competitors.

All children should be encouraged to enter this event and no competitor using incorrect technique should be allowed to 'set the pace' in front. It is recommended that they be moved to the back of the race field and assistance offered.

AT CENTRE LEVEL IT IS RECOMMENDED THAT COMPETITORS NOT WALKING CORRECTLY BE SHOWN THE CORRECT METHOD OF WALKING AND NOT NECESSARILY BE DISQUALIFIED.

CAUTIONS and DISQUALIFICATION

1. Each judge may caution verbally and visually competitors when they are in danger of failing to comply with the above rules. Each competitor is not entitled to a second caution from the same judge. The judge shall notify the Chief Judge of his/her actions at the conclusion of the competition.
2. Each judge proposal for disqualification is called a warning. When in the opinion of three judges, a competitor's mode of progression fails to comply with the above rules, ie loss of contact or knees bent; the competitor having received three warnings shall be disqualified and informed of this disqualification by the Chief Judge.

OFFICIALS

The preferred number of judges including the Chief is six (6)

If Centres prefer or need to use less judges, the optimum number is three with only two warnings leading to a disqualification

SAFETY

COMPETITORS MUST WEAR SHOES NOT 'SPIKES'

JUDGES MUST BE ON THE OUTSIDE OF THE TRACK NEAR THE OUTSIDE LANE

**JUDGES IN THE STRAIGHT MUST BE AWARE OF OTHER EVENTS THAT COULD BE
RUNNING AT THE SAME TIME**

RECORDING

EQUIPMENT

- Age Group event performance sheets
- Athlete performance tickets

OFFICIALS

- Age Marshal (Recorder) at the event site
- Chief Recorder for the input and checking of completed result sheets

TRACK EVENTS:

On the Sheets provided, the recorder, having received the performance details of the competitor, lists the child's name, registration number and performance and may, if used, issue a performance ticket. If a recorder's table is in use, competitors performance may be listed in order of finishing which can assist the Chief Recorder when the time comes for recording into Official Centre recording books or databases.

FIELD EVENTS:

On the sheets provided the recorder lists the competitors' names and registration numbers, and then the three performances or best of three performance, if that method is employed by the Centre, as called by the Chief Judge of the event. The best of three performances is circled and transferred to the 'Best of Three Trials' column. This performance is also recorded onto the performance ticket and the ticket is then given to the competitor.

RULES AND MEASUREMENT

If the competitor has had a foul attempt in a field event other than High Jump, this is marked "**F**"

HIGH JUMP ONLY:

- A Fair Jump is marked **0**
- A Foul Jump is marked **X**
- Pass Jump is marked **-**

The last height cleared is transferred to the final height column on the recording sheet.
Three consecutive **X**'s (irrespective of height) means competition is ended for that competitor.

In high jump, all measurements shall be made , in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

Distance measurements shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre

In all field events except for high jump ties are resolved by using the second best performance then third best and so on. If a tie remains, equal placing shall be awarded. Centres may opt to not apply a countback but award equal places based on best distance achieved

To decide high jump ties, lowest number of jumps at the tied height is used first, followed by the lowest number of failures including the height last cleared. If a tie then still remains, then the same place shall be awarded. Centres may opt to not apply a countback but award equal places based on best height achieved – jump offs are not to be used.

AGE MARSHALLING

AGE MARSHAL (AGE GROUP MANAGER) DUTIES

General

- Duties are to supervise a defined group of athletes during the whole of the program. The group of children allocated to the control of each Age Marshal will be determined by the responsible Centre Official.
- Collect the respective age group folder from the responsible Centre Official at the start of the competition. This will contain a listing of the events for the day and any special tasking requested of you.
- Meet with your respective group assembled together after, if held, the WARM UP and proceed with them to the first event on the days program.
- It is important that the children be kept together in the group. There should be sufficient time in the program to allow the children to visit toilets, obtain drinks etc.
- The Age Marshall is responsible for ensuring children attend each event programmed for them on the day at the time shown in the program or as directed by the Arena Manager.
- Listen carefully for announcements throughout the program. Any announcements that need to be brought to the attention of the children should be clearly outlined to the group.
- Groups must be kept under control at all events and between events (Centres may encourage the use of games for younger Age Groups between events). Any disciplinary action required must be referred to the Centre President.
- When events are finished for the day's competition make sure all certificates, tickets, newsletters etc have been given out and return the folder to the responsible Centre Official.
- Check that children do not leave personal items at event venues when proceeding to the next event
- Never alter the order of events unless advised to do so by the responsible Centre Official.

Track Events

Assist with Start Marshalling, getting children into heats etc.

Field Events

Assist with duties as Recorder.

SAFETY

WATCH YOUNGER CHILDREN PARTICULARLY RE USE OF APPROPRIATE SUN PROTECTION, DRINKING ENOUGH WATER, AND COMPLYING WITH SAFETY MEASURES AT FIELD EVENTS

DO NOT ALLOW ATHLETES HANDLE ANY COMPETITION EQUIPMENT UNSUPERVISED