



**Victorian
Official**

Officials Booklet

Little Athletics Association of Victoria
Incorporated

www.lavic.com.au

Issued: August 2013

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Officials

This document is designed to accomplish three aims:

Firstly, to increase your understanding of the rules and events offered at Little Athletics

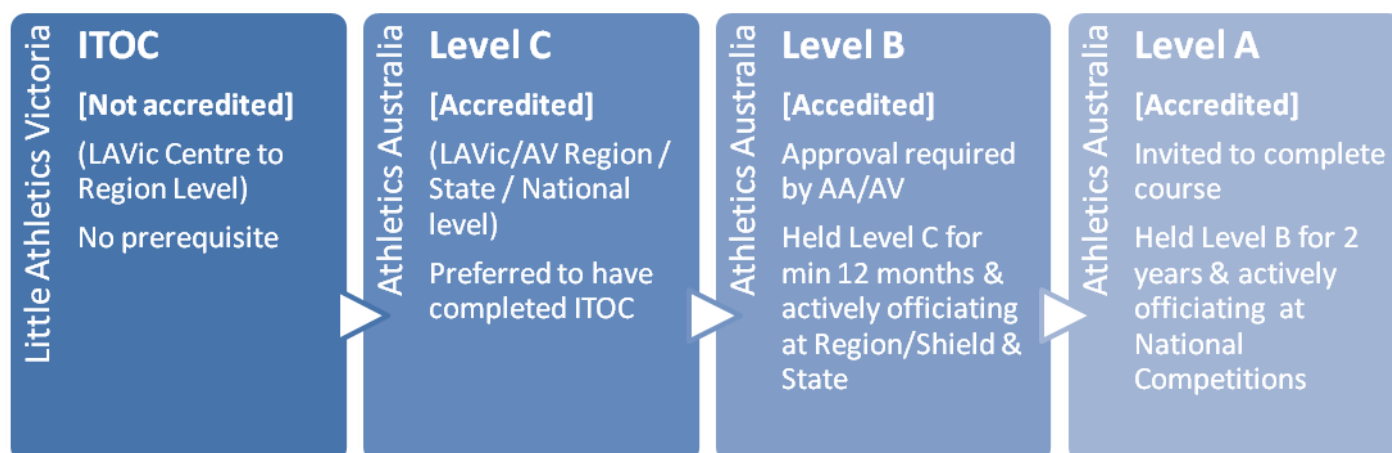
Secondly, this should provide you with the knowledge to conduct activities at your Little Athletics Centre.

Thirdly, and more importantly, it aims to provide an indication of the spirit in which the rules are administered and the activities are delivered.

This booklet can be used to assist you in your Officiating duties throughout the season
Thank you for your time and effort in volunteering to help the children participate in this exciting sport. Your contribution is very much appreciated.

Enjoy your involvement with Little Athletics and good luck.

Officials Education Pathway



Your Role as an Official

You may think that your role as an Official at your local Little Athletics Centre is to officiate the rules of the event. Actually, your role is much more than this. Primarily, your role as an Official is to:

- Facilitate the opportunity for children to compete, have a go and enjoy athletics.
- Ensure that all children are safe.
- Help all children improve.
- Create a fun environment to which children will want to return.

Officiating junior sport is not the same as officiating senior sport. It is extremely important that everybody associated with Little Athletics is very clear with this point. Children are not little adults. The differences are:

- The child comes first, not the rules.
- Officials at junior sport need to apply the rules to match the skill levels of the child and the activity.
- The simpler the skill level, the more simple and relaxed are the rules and their interpretations.
- Be consistent, fair and objective when making decisions, giving the benefit of the doubt to the child.
- Be courteous when making decisions, use it as a learning experience for the child. If they have done something the wrong way, show them the right way and give them another attempt.
- Compliment and encourage all participants – officials are role models and a source of confidence building for a child.
- Ensure that the activity is conducted within “the spirit of the game” and that sportsmanship underpins all actions.
- Always remember that officials in junior sport have a big responsibility. As a child’s first foray into organised sport, a positive experience will help set in place a lifetime of involvement. Likewise a negative experience can severely impact on that child’s involvement in any future physical activity.

Managing & Communicating

Through completing the Officials document, volunteers should have the knowledge and competence to conduct an event at Little Athletics. However, this only covers the technical side of running an activity; the more important side is being good at managing and communicating with groups of children and other volunteers.

Managing & Communicating with Children

There are a number of points to remember when officiating children:

Communication

Children are not little adults. When communicating, remember:

Children don't respond to instructions in the same way adults do. Instructions have to be clear, simple and have practical meanings. Don't leave the interpretations of instructions up to the child.

Think about the words you use. In understanding a message, adults can use a range of skills that aren't available to children. Adults can interpret words in the context of the message/situation, watch your body language and gestures and draw from past experiences. Children more often than not, take the verbal word literally. The words you use should reflect literally what your message is.

Always be encouraging, children are very good at remembering experiences. If they break a rule, be encouraging, supportive and directional in the language you use. Officiating should be a form of instruction on how to do it right.

Sarcasm or being critical in a joking way isn't something that children have learnt to interpret well; it should not be used.

Managing Groups of Children

Points to remember:

Children want to be active, asking them to stand quietly in line for periods of time to await their turn isn't often successful. Try and keep them active when it's not their turn. As an example, you can provide them with basic practice drills or warm up activities for the event.

Don't try to do it all by yourself, encourage parents to become involved. Every child is to be supervised the whole time. Don't allow children to wander off.

Managing & Communicating with other volunteer helpers.

As an Official, you will often find yourself as the person conducting the event. You will have other volunteers to help you with the tasks of officiating.

Communication

Communicating with the other assisting volunteers is very important. Points to remember are:

Before the start of the event, explain that the level of officiating will match the skill level and age of the children.

Set the tone for how the activity will be conducted and how relaxed rule interpretations are.

Be clear with any points that may be subjective, e.g. the shot put action, so that all officiating is consistent.

Explain the roles of the helpers and the exact tasks you'd like them to do. Don't assume they already know. People are sometimes reluctant to ask for help if they feel it is embarrassing to be naive.

Be friendly, everybody is there to enjoy themselves.

Managing

Always thank people for their assistance and point out the fact it's through their effort the children will have/have had an enjoyable experience. People like to feel appreciated.

Don't lump responsibility onto people who don't have the knowledge or experience in a certain field. It can cause all kinds of problems and will usually result in potential volunteers being lost.

Take the time to get to know new volunteers.

Allow and encourage new helpers to make suggestions. Don't enforce things just because that's the way it's always been done.

Starting

Note: Within Little Athletics Victoria is a committee called the LAVic Starters Panel. This panel is responsible for the further education of starters, by conducting seminars. Should you be interested in learning more about starting races, you can contact the Starters Panel through the Office.

Starters Safety Issues

- **Noise hazard:** Caused by the firing of “Cap Guns” means that good quality industrial ear plugs/muffs should always be used.
- **Fire Hazard:** The “Caps” used in starting guns are a potential fire hazard and should only be carried in a suitable container such as a leather pouch, plastic or wooden box.

Equipment

- **Stand:** To provide an elevated position and view of all lanes, ideally a stand should always be used but this may not be the case at all Centres or for all events.
- **Starting Device:** Such as gun (and caps), if a gun is used it should be reloaded after every start.
- **Whistle:** As a warning device that start procedure is about to begin.
- **Ear Plugs:** Of good quality as guns is a noise hazard.
- **Flash Board:** Dark background to make smoke detection easier.
- **Communication Device:** For contacting other officials such as Timekeepers, etc.
- **PA system:** To ensure that all athletes can hear starter’s instructions particularly for events using “staggered” starts, e.g., 400 m. May be a “loud hailer”
- **Identifying Colour:** Red “top”, “arm band “ or “cap”.

Location of Starter

- **Straight Line:** (Laned events up to and including 100 m). Located on the infield slightly in front of the athletes to enable all to be viewed at the narrowest angle of practicable.
- **Staggered Start:** (Laned events up to and including 800 m). Located in a position so that all athletes are in one line of vision, may need voice amplification to enable athletes to hear starter.
- **Curve Line:** (Unlaned events). Similar to above but may need to be located in different position to enable all athletes to be viewed clearly depending on whether the start is on a bend or in the straight.
- **Note:** When the Starter moves to a new position, they need to check with the Timekeepers to ensure that they are clearly visible.

Function

- To ensure that each start is fair and gives each athlete an equal opportunity to perform to the best of their ability.
- To control, alone or with the assistance of Recall Starter, all aspects of starting to achieve the above.
- Alone or with the support of Recall Starter and/or Start Marshall allocate athletes to heats and lanes.
- Alone or with the assistance of Recall Starter nominate runner(s) who have made a false start “break” and issue a “warning”.

Starting procedure

- Starter indicates procedure is about to commence by blowing a whistle, then the start commands as follows:
- For laned events:
- **"On Your Marks"**
- **"Set"**
- **"Start Signal"**
- Note: Some Centre’s run unlaned events for younger age groups that are 400 metres or less.

Starting procedure cont...

- For unlaned events (including the 800m started in lanes):
- **"On Your Marks"**
- **"Start Signal"**
- It is permissible for the athletes head and torso to be past the plane of the start line.
- The start signal is not given until the Starter is satisfied that all athletes are steady. If the waiting time for athletes to be steady becomes excessive the command "Stand Up" may be given, this command cancels the start procedure. Additionally obstructions on the track or issues with the starting gun may require the command "Stand up" to be given.
- If a false start occurs, i.e., one or more athletes gain an advantage ("break" or "fly") a second "Start Signal" is fired to abort the start ("false start" or "recall" signal).
- Offending athletes are warned by the Starter and/or Recall Starter, a second (or third) false start by any previously warned athlete may lead to their disqualification.

Note: The number of false starts that leads to disqualification can vary across Centres, age groups and events, e.g., for State Championship rounds, athletes are disqualified after 2 false starts, with the U9's disqualified after 3 false starts per athlete.

Recall Starter

Function

- To assist the starter in all aspects of starting as follows:
- Issue signals that indicate the readiness or otherwise of the athletes allocated to them.
- Issue a second "Start Signal" to abort the start if one of their allocated athletes gains an unfair advantage, "false starts".
- One or more Recall Starters may operate to assist the Starter. Ideally for staggered starts there should be at least two. Recall Starters are placed so they can see each athlete allocated to them.
- Alone or with the support of Start Marshall return athletes to start line after a false start.

Start Marshall

Function

- Controls the preparation of the athletes in an event (heat or final) in readiness for passing onto the Starter.

Duties

- Allocate athletes to heats as follows:
- Count athletes to determine number & size of heats as required, e.g., for 100m - 17 athletes = 2 x 6 & 1 x 5.
- Allocate athletes to heats according to selection criteria, e.g., graded or random.
- Allocate athletes to lanes, e.g., randomly according to a random list, or by the drawing of lane numbers.
- As required, either alone or with the assistance of Recall Starter return athletes to start line after a false start.
- Assemble athletes up to 3mts behind the start line, signal to the Starter that all is ready.
- Ensure the first athletes in a relay event have a baton.

Timekeeping

Function

- To measure the elapsed time between the start and the finish of an event conducted on a track or course.

Note: If Place Judges are being used, Timekeepers shall not act as Place Judges.

Definitions

- **Start:** The first sign of a visual signal or smoke from the starting device.
- **Finish:** When any part of the athlete's torso reaches the plane of the finish line.
- **Torso:** Any part of the body (as distinct from the head, neck, arms, legs, hands or feet).

Officials Required

- Depends on the type of event, i.e., laned or unlaned, the equipment in use and the associated finishing system employed, i.e., manual (buttons) or automatic (gates), or fully integrated photo finish.

Note:

- Ideally, 3 Timekeepers record results for first place in manual timing. How these 3 performances are taken will vary depending on what timing equipment is in use and also whether the event is laned or unlaned/course.
- If the 3 performances differ, the middle time is accepted as the "performance" for recording and record purposes.

Preparation

- Become familiar with the operation of the timing device and practice a few times (see Types of Timing Equipment).
- Clarify which race and what place you are timing - be alert at all times. The Chief Timekeeper will normally advise when the start is imminent.

Duties of Chief Timekeeper

- Ensure that Timekeepers are placed in a suitable position
- Know what place to time
- Are in line with the finish line
- Have a good view of all lanes and
- Have a clear view of the starter. For laned events Timekeepers are usually in an elevated position on a stand at least 5 metres from the track.
- For unlaned events, all timekeepers shall operate from the same side of the track and shall be in line with the finish line, and if available in an elevated position.
- Communicate with the Chief Starter or "Track Official" when Timekeepers are in position and ready.

Types of Timing Equipment

- **Standard:** Simple stop/start device may have a third button for resetting otherwise successive presses of the stop button causes the watch to reset.
- **Lap Timer:** Similar to a stop watch but has a third button for lap-timing, which when pressed stops the watch and when pressed again picks up the running time. Can be used to time two children with the lap button timing the first and the stop button timing the second. When the lap button is pressed again the watch shows the time that the stop button is pressed.
- **Multi-Function:** A further variation of the "lap timer" which has the ability to record and store many times that can be recalled after the finish of the event. Some versions have an integral printer attachment for printing out the times of all children either as each time is recorded or after the event has finished.

Types of Timing Equipment cont...

- **Timing Machine:** Many variations exist, most of which can be started either by the starting device and/or manually (by an operator). These devices are typically stopped by each timekeeper pressing a button on individual leads or mounted in a bar (button bar) or by the use of “gates” which automatically detect the “torso” crossing the line using multiple electronic beams. Some of the devices are capable of capturing ten performances in performance or lane order. Some have printers attached for printing out the results.
- When in use these devices require an Operator to reset the device and the Operator may also be required to manually transcribe the performances (Time Recorder).

Laned Track Events (Manual Timing)

- **Using “Stop Watches”:**
- Hold it between the thumb and forefinger with forefinger on the button. Hold the watch still to eliminate waste motion.
- Always look at your watch prior to the event start to ensure that it has been reset after the previous event or following a false start.
- Never reset your watch after capturing a performance without prior agreement being reached with either the Chief Timekeeper or all other Timekeepers.
- **Using “Timing Machines”:**
- Keep thumb (for individual buttons) or index finger for button bars) on button. There is no reset ability for the Timekeeper, this is handled by the operator. Take care with pressing the button as successive pressing of the button may cause the earlier time to be overwritten by the latter one.
- With about 30 metres of the race still to run note the identity of the athlete in the place you are timing and prepare to stop the watch. Do not anticipate the finish.

Unlaned/Course Events (“Running Watch”)

- In unlaned (distance) or course (cross-country) events it is not necessary or practical to time each runner individually.
- **Using “Stop Watches”:** One Timekeeper may use two watches and as the winner finishes, one watch is stopped for an accurate measurement of first across the line and the second watch is kept running and as each other runner crosses the line, times are called by the Timekeeper and recorded by a Time Recorder standing next to the Timekeeper. Alternately only a single watch may be used and all times called to the Time Recorder.
- **Using “Multi Function Watches”:** One watch can be used to record and store all results with each result subsequently recalled and relayed to the Time Recorder or if the watch has an integral printer the times are recorded and printed as each athlete crosses the line. Once the last athlete has finished the printout is then given to the Time Recorder to process.
- Use of a Multi Function watch provides more accurate times as the “running watch” technique usually means that times are recorded to 1 second rather than 1/100 secs which is the standard for State Championships.

Place Judging

Function

- To determine the order in which athletes cross the finish line in a track/course event.

Note: The decisions of Judges take precedence over those of Timekeepers in respect to finishing order.

Definitions

- **Finish:** When any part of the athlete's torso reaches the plane of the nearer edge of the finish line.
- **Torso:** Any part of the body (as distinct from the head, neck, arms, legs, hands or feet).
- **Finish Line:** A vertical plane across all lanes and usually marked by a vertical post on the inside and outside of the track.
- **Dead Heat/Tie:** When the appropriate judges agree that the torso of two or more athletes reaches the finish line together.

Note: Equal performances does not necessarily indicate a tie or dead heat, e.g., at 12.50 secs for 100 m athletes with equal times can be up to 8cm apart (a distance easily detected by the human eye).

Officials Required

The number required depends on the type of event (Laned or Unlaned). The State Championships will require a minimum of 9 Place Judges, unless fully automatic timing equipment totally integrated with photo finish is in operation.

Priority of Nomination

- **Laned Events:** Ideally there should be one Judge for each athlete plus the Chief Judge. The Chief Judge selects first across the line, the next Judge selects first and second, the next selects second and third, etc.
- If there is a dispute between the Judges, e.g., two Judges claim the same athlete; the selection of Judge for the higher "place" has priority.
- Should such a situation arise the Chief Judge may ask other Judges to nominate their selections and by a process of elimination determine which athletes are unclaimed.

Duties of Chief Judge

- Ensure that Judges are placed in a suitable position.
- Know what place(s) to judge and understand "priority of nomination".
- Be in line with the finish line.
- Have a good view of all lanes.
- Have a clear view of the track. For laned events Judges are usually in an elevated position on a stand at least 5 metres from the track.
- Communicate with the Chief Starter or Track Official when Judges are in position and ready.
- Communicate with the Chief Timekeeper.

Note:

- The single function of Judges may vary depending on the type of meeting at which they are Officiating, e.g., at normal Centre competition, Timekeepers may also perform the role of Judges.
- Where an Official has a dual role of Judge and Timekeeper it is important that the Official does not lose sight of "their" athlete until identity is clearly established.

Hurdles

Preparation for Event

- Ensure adequate numbers of Hurdles (flights) are on the track at the correct distance apart and at the correct height for the age group, (according to specifications on pg 29).
- Check the track conditions. In wet conditions, grass tracks in particular can become very slippery, which can make Hurdles a very dangerous event for the athletes. Safety is paramount in all events.

Equipment

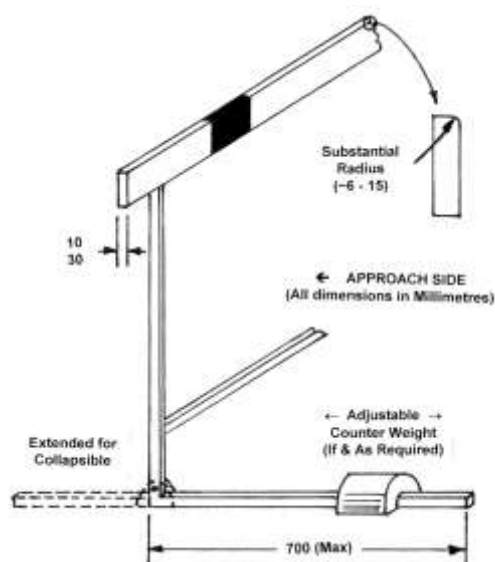
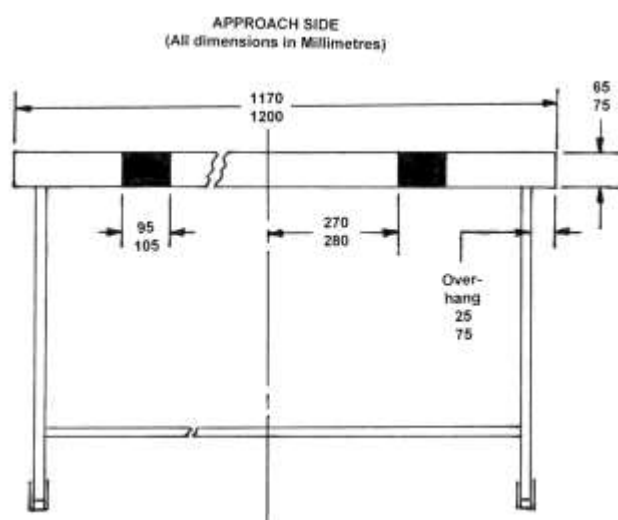
- The Hurdles shall be made of metal with the top cross-bar of wood or other suitable material, with 2 feet and 2 uprights supporting the cross-bar.
- Refer to specifications below for details of construction.

General Rules

- The feet of the hurdle shall be at right angles to the cross-bar and shall be placed on the track, so that the edge of the cross-bar nearest the approaching athlete coincides with the track marking nearest the athlete.
- In order for the athletes to check their start and hurdle clearance, athletes are normally permitted a practice trial over the first 2 hurdle flights.
- All races shall be run in lanes and each athlete shall keep to his own lane throughout the race.
- An athlete who trails a foot or leg below the horizontal place of the top of any hurdle at the instant of clearance shall be disqualified.
- If an athlete jumps any hurdle not in their own lane they shall be disqualified.
- If in the opinion of the Referee, an athlete deliberately knocks down any hurdle, they shall be disqualified.
- The unintentional knocking down of hurdles shall not result in disqualification, nor prevent a record being set.

Officials required

- Officials / Umpires are required to observe from directly down the track for any lane infringements, or to notice any interference with other athletes. Additionally, Officials / Umpires adjacent to the hurdle flights are required to observe athletes when they are attempting to clear the hurdles for infringements.



Track Umpiring / Course Marshal

Function

- To ensure that each athlete is given an equal opportunity to compete fairly and perform to the best of their ability.
- To act as another pair of eyes for the Referee.
- Report any infringements without fear or favour and without authority to make a final decision.

Equipment

- **White Flag or approved method:** used to signify “all clear”
- **Yellow Flag or approved method:** used to signify an “infringement”
- **Clipboard:** for holding “Report” forms for noting details of infringements

List of Possible Infringements include:

- Receiving assistance from inside the competition area or leaving the immediate competition area. Note: Competitors may communicate with anyone outside the competition area, so long as it doesn't disrupt the event
- Receiving assistance through the use of any type of device that can communicate with others.
- Physical pacing by persons not currently participating in the event.

For Laned Events

- Running out of lane.
- Off Track “excursion” (infield or outside).
- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.

For Hurdles

- Arms/legs into adjoining lanes.
- Legs passing outside of hurdles (lanes 1 & 8).
- Trail leg passing below the hurdle in the case of 300mt hurdles where some of the hurdles are staggered.
- Falling into adjoining lane (as in laned).

For Unlaned Events

- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms. Note: Umpires perform the same duties during a Race Walking event, however they cannot adjudicate on the rules of Race Walking.
- Off Track “excursion” (infield or outside).

For Relays

- Dropping the baton. Note: Once dropped, the baton shall only be picked up by the athlete who dropped it. Dropping the baton alone is not an infringement.
- Out of lane or off track to recover baton. Note: Athletes can leave their lane or the course to retrieve the dropped baton, however they must exit and then re-enter at the same point, so as to not decrease the distance covered. Athletes must not interfere with any other athlete whilst retrieving their dropped baton.
- Out of lanes prior to cross-over point.
- Interference during take-over or after baton change.
- Receiving the baton before or after the take-over zone.
- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.

Note: Some of the Relay infringements may fall into the Box “Officials” area of responsibility, but if noted they should be reported irrespective.

Indicating “ Infringements “/”All Clear”

- When all athletes have passed your location and:
- **No infringements have occurred:** raise the white flag or approved method, to give the “all clear” to the Chief Umpire.
- Wait for acknowledgment by the Chief Umpire before lowering flag or approved method.
- **Infringements have occurred:** raise the yellow flag or approved method, and keep it raised until the Chief Umpire acknowledges, then proceed to fill in the infringement form. A Referee or an Assistant will collect the report from you.
- Chief Umpire will keep yellow flag raised until report is taken and passed to the Referee.

Duties of Chief Umpire

- Instruct each Track Umpire as to the duties,
- Indicate placement of each Track Umpire
- Ensure that all Track Umpires are visible
- Act as coordinator for all infringement signalling.

Course Marshall

Function

- To ensure that each athlete is given an equal opportunity to compete fairly and perform to the best of their ability.
- Ensure the athletes are directed where required along the course.
- Ensure any turns or loops on the course are clearly marked to avoid confusion by the athletes.
- Act as another pair of eyes for the Referee.
- Report any infringements without fear or favour and without authority to make final decisions.

Equipment

- **Communication Device:** To contact Referee/Arena Manager.
- **Clipboard:** for holding “Report” forms for noting details of infringements

List of Possible Infringements include:

- Receiving assistance from inside the competition area or leaving the immediate competition area.
Note: Competitors may communicate with anyone outside the competition area, so long as it doesn't disrupt the event
- Receiving assistance through the use of any type of device that can communicate with others.
- Physical pacing by persons not currently participating in the event.
- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.
- Off Track “excursion” (infield or outside).
- Cutting corners.

Relays

Preparation for Event

- Ensure that all aspects of the Track and Take - Over zones are safe for athletes.
- Ensure the athletes are aware of the area in which the baton must be passed, (Take – Over zone).

Definitions

- **Take - Over zones:** They are 20m in length and one lane in width, in which the baton must be passed.
- **Acceleration zone (U12-U16 only):** A zone in each lane of 10 metres in length, prior to the beginning of the Take – Over zone, where the receiving athlete may begin to accelerate prior to the passing of the baton. (The Baton must not be passed within this zone).
- **Check Mark:** a marker placed within a lane to denote where the athlete's acceleration is to begin.
- **Cross Over Point:** the point where the athletes may leave their respective lanes and cross to the inside of the track (3rd runners in the 4 x200 & Medley).

Equipment

- **Baton:** smooth hollow tube, circular in cross section, made of a rigid material.
- **White Flags or approved method:** White flag to signal 'all clear'
- **Yellow Flags or approved method:** To indicate 'infringement' has taken place.

Officials Required

- **Officials at each end of the Take – Over zone, are referred to as Box Judges.** The more Box Judges available, the easier it is to Officiate, as athletes are spread across 8 lanes and regularly arriving / leaving the Take – Over zone together.

General Rules

- The baton shall be carried in the hand during the event, no gloves are allowed.
- U9 – U11 athletes commence running from inside the take – over zone. U12 – U16 athletes may commence running from inside the acceleration zone. The baton passing takes place within the 20m take – over zone. The position of the baton is decisive, not the athletes body, head, feet or legs.
- If the baton is dropped, it must be picked up by the athlete who dropped it, not by another athlete in the same team or any other person.
- Assistance to athletes in the form of pacing, pushing off or other methods is not allowed and may lead to team disqualification.
- Athletes are not to run more than one section (leg) of a relay.
- Only in those sections (legs) run in lanes, athletes may use a check mark.

Laned & Unlaned Take – Over zones

Laned (4x100, 1st & 2nd in 4x200 & Medley)

The passing of the baton commences when both athletes are in contact with the baton – such contact must occur inside the Take – Over zone and is completed when the baton is in the sole possession of the receiving athlete. The passing of the baton must not commence in the acceleration zone.

Note: Acceleration zones only apply to the U12 - U16 athletes; U9 - U11 athletes do not use the acceleration zones.

Athletes should remain in their lanes after handing over the baton until the track is clear in order to avoid obstructing other runners.

Unlaned (Medley & 4x200 : 3rd changes)

- Athletes are lined up on the outside of the track in lane draw order on a line 3mts inside the beginning of the Take- Over zone. The line is indicated by the placement of cones on the inside and outside of the track.
- After incoming athletes have passed the crossover point, the awaiting athletes should take up their receiving positions in the order of the positions held by incoming runners.
- Athletes are free to take their positions anywhere within the Take – Over zone.
- On completing the change, incoming runners must clear the track quickly, endeavouring to ensure that no interference is caused to other teams.

Note: Officials are not to physically assist athletes during unlaned changeovers; however they are there to direct the athletes.

Position of Cross Over Points

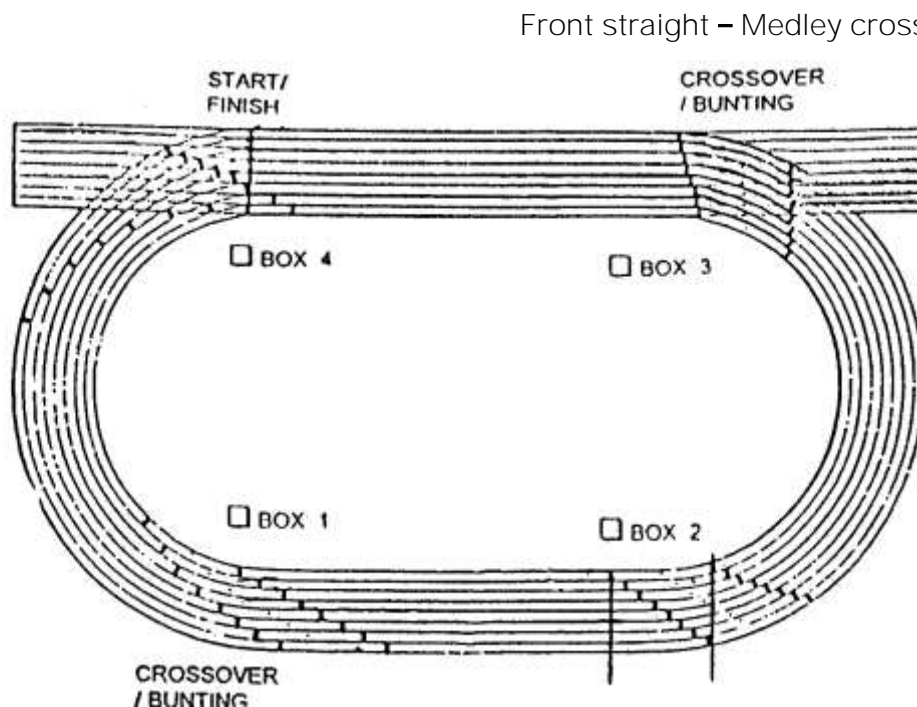
The position of the cross over points is different depending on the event:

4x200: at the beginning of the back straight on the third leg of the event.

Medley: at the beginning of the front straight on the third leg of the event.

Reporting Procedures for Officials

If an infringement is noted at a Take – Over zone, the Official / Judge will raise a yellow flag or approved method, and report it to the Referee. Any infringements observed by Officials should be noted on a pre-printed form and collected by the Referee to adjudicate on the infringement.



4x200m Cross over point – Back straight

Starting Positions

4X100m – on 400m stagger start lines.

4x200m – on 4x400m stagger start lines.

Medley – on 400m stagger start lines.

Race Walking

Within Little Athletics Victoria there is a committee called the LAVic Race Walking Committee (RWC). This committee is responsible for further education and accreditation of Race Walking Judges. To become a Walk Judge, you must pass specific exams. Further details and contact is through the LAVic Office.

Definition

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened, (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Equipment

- **Walk Jackets or Numbers:** Each venue should have enough numbered Walk Jackets or numbers to be able to conduct two consecutive events. Walk Jackets may be of one colour or of two different coloured sets with preferably sequential numbering.
- **Judging Pads:** Each Walk Judge should be issued with a walk judge's pad for recording Yellow paddles (cautions) and Reports (red cards) for each event. Walk Judging slips are handed to the Chief Walk Judge (or their assistant) at the conclusion of the event.
- **Chief Walk Judge's Sheet:** Each event requires a Chief Walk Judge's Master Sheet. An example may be obtained from the Office. The Chief Walk Judge is responsible for collating appropriate details based on reports received from the other walk judges. The completed Chief Walk Judge's Sheet indicates the total yellow paddles and reports received by each competitor. The Chief Walk Judge then speaks to the athletes at the end of the race, and advises if any disqualifications have occurred. Having signed the sheet the Chief Walk Judge forwards numbers of the disqualified competitors to the recorders.

Race Walking Rules

There are two basic rules in Race Walking:

- **Contact:** The athlete must never have both feet off the ground at once.
- **Knees:** The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position.

Methods of issuing a Yellow Paddle or Report.

Walk Judges give:

- **Verbal Yellow Paddles (Cautions):** for all age groups and where possible show the athlete a yellow paddle indicating the offence along with the verbal caution.
- **Verbal Reports (Red cards):** up to and inclusive of the U10 age group.
- **Non-Verbal Reports (Red cards):** for U11 – U16 age groups.

A Walk Judge may Yellow Paddle (Caution) an athlete twice, once for Contact and once for Knees. However they cannot issue 2 for Knees or 2 for Contact.

Examples: U9 – U10 athletes – Verbal Yellow Paddles (Cautions) & Reports (Red cards).

Number 15: Caution 'Knees' – where possible show the Yellow paddle of the offence.

Number 15: Caution 'Contact' - where possible show the Yellow paddle of the offence.

Number 6: Report 'Knees'

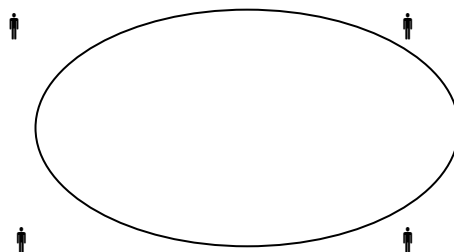
Athlete No 15 has received 2 Yellow paddles (Cautions) from the same Walk Judge; one for Knees and one for Contact.

Process

1. If a Walk Judge suspects there is the **possibility** of an athlete infringing the rules, the Walk Judge:
 - a) Issues a Yellow paddle (Caution) informing the athlete immediately, "Number 10 Caution – Knees".
 - b) Record this Yellow paddle (Caution) on your Walk Judges slip.
 - c) Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.
2. If a Walk Judge notices a **definite** infringement the Walk Judge should:
 - a) Issue a Report (up to & including U10 age group), Verbal, "Number 10 Report – Contact". All other age groups, the Report (Red card) is silent and the athletes are not informed.
 - b) Record the Report listing the athlete's number and type of infringement on the judging slip.
 - c) Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.

Note

1. If in doubt, give the benefit of any doubt to the athlete. If the Walk Judge can't form a definite opinion on an infringement, they should not penalise the athlete.
2. It is essential that the advancing foot be in contact with the ground before the rear foot is lifted.
3. Each Walk Judge may Yellow paddle (Caution) an athlete once for loss of contact & bent knee. These Yellow paddles (Cautions) do not count towards disqualification.
4. Each Walk Judge can only Report (Red card) the same athlete once.
5. The Chief Walk Judge is normally the highest graded Walk Judge officiating.
6. The Chief Walk Judge is the **ONLY** Judge who informs the athlete of their disqualification.
7. Each Walk Judge must hand in their Judge's slip to the Chief Walk Judge as soon as the event has finished.
8. Decisions of the Judging Panel are final.
9. When there are less than 4 Walk Judges the number of Reports for disqualification of an athlete is in the table below, otherwise 3 Reports (Red cards) are required for disqualification.
10. It is best to view an athlete from side on, not from behind
11. In certain circumstances Walk Judges may not be able to stand on the outer edge of the track, e.g., when hurdles are in progress. However it is ideal to stand in lanes 5-7 to gain the best view.
12. Do not pre-Judge any athlete & do not be biased.
13. Walk Judges must not confer with each other regarding their opinions (Reports) of athletes.
14. The Chief Walk Judge (or their Assistant) must instruct athletes on the rules of Race Walking and conduct of the event, prior to the start.
15. Walk Judges should be placed for maximum coverage of the track. Suggested positions are as diagram below:



Disqualifications

- The maximum number of Walk Judges for a track event is seven. The following should apply:

No. of Walk Judges	No. of Reports for Disqualification
2 or 3	2
4 - 7	3

Javelin

Warning: Javelins (Spears) are dangerous Implements

The javelin is a form of spear and as such is a lethal weapon; it can be deflected by gusts of wind.

Event Safety

- The Chief Official should stand alongside the runway in a safe position on the right hand side of a right handed thrower and vice-versa.
- Apart from the Official on the Sector Line, everyone should stand behind the athlete and the landing Sector should be clear.
- The javelin should be **CARRIED** back to the runway in a vertical position, tip down- never thrown.

Equipment

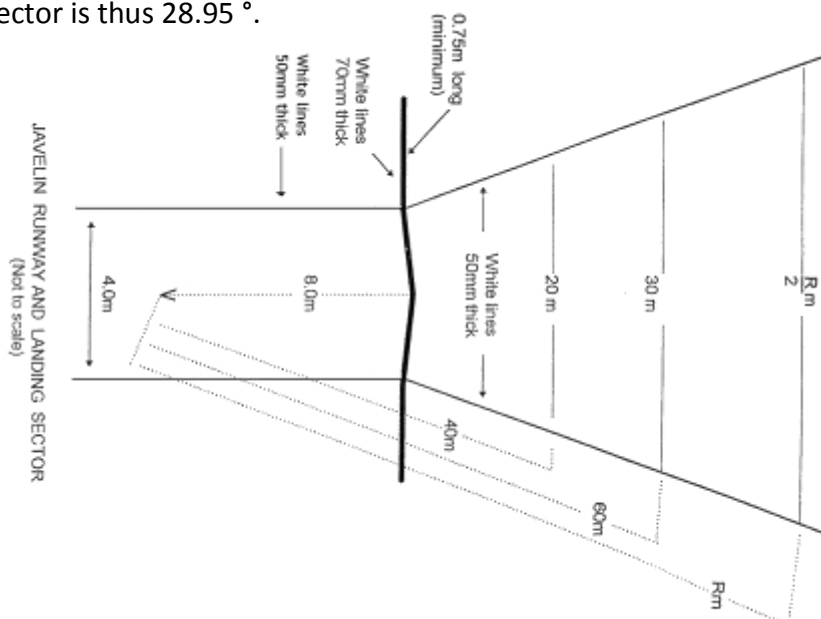
- **Runway:** Clearly marked (as below)
- **Tape Measure:** (50-100 metres)
- **Javelin:** (As specified below and provided by organizing body)
- **Spike:** To hold zero end of tape where the tip of the metal head first struck the ground.
- **Place Tickets:** Record performance for each athlete.
- **Recording Sheet:** For recording all performances at venue.
- **Cloth:** To wipe and clean the javelins.
- **Broom:** To sweep the javelin runway.
- **Marker:** For athletes to mark the start point of their run-up.

Officials Required

- **Two officials at throwing arc.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle of which the arc is a part (8mts from the arc).
- **One official at side of the Sector.** Tasks include finding and marking the point of impact of the javelin tip and returning the javelin.
- **One official for recording.**

Venue Dimensions

- The length of the runway should be 30-36.5m and the width is 4mts with the lines 50mm wide. The "arc" line should be 70mm in width. Markers can only be used at the side of runway.
- The Landing Sector lines are 50mm wide, such that the inner edge of the lines, if extended, would pass roughly through the two Intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is a part, 8mts from the arc line. The Sector is thus 28.95 °.



Implement Weights

- **U11 - 12B & U11 - 14G:** 400 gm
- **U15 – 16G :** 500gm
- **U13 - 15B:** 600 gm
- **U16B:** 700 gm

Number of Trials

- Each athlete is entitled to 3 trials, differences may apply at Centres and State Championships and some athletes may have 6 trials
- Allow athletes a practice throw(s) to check their run-up if possible

Valid Trial

- The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted.
- At no time during the throw, until the javelin has been launched into the air, may the athlete turn completely around, so that their back is toward the throwing arc.
- A trial shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a low angle to the ground it may bounce shortly before producing what looks like a fair landing. This must be carefully watched to see that the tip impacts first.
- The athlete must not leave the runway until the javelin has impacted the ground.
- When leaving the runway the athlete must not leave forward of the throwing arc.
- The athlete may during the course of each trial, stop and place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that no other **infringement** has occurred.

Method of Measurement

- The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle of which the arc is a part (8mts from the arc).
- The distance is measured at the point where the tape crosses the inner edge of the runway arc.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Child	1st Trial	2nd Trial	3rd Trial	Best	Place
A	24.75	NT	24.62	24.75	4
B	25.35	24.92	25.87	25.87	2
C	24.65	24.35	24.75	24.75	3
D	25.87	25.35	25.03	25.87	1
E	X	X	X	ND	ND

D beats B on countback to 3rd Best Throw

C beats A on countback to 2nd Best Throw

X should be used to indicate an Invalid Trial

State Results will always show “ND” when an athlete fails to record a measurable trial.

Discus

Event Safety

- Discus circles should be enclosed with a cage, and an extending fence to protect other areas on which events may be conducted should also be considered.
- The Chief Official should stand outside the cage alongside the ring in a safe position on the right hand side of a right handed thrower and vice-versa.
- Apart from the Chief Official and the Official on the sector line and/or spiking, everyone should stand behind the athlete, and at least 1m away from the safety cage and the landing sector should be clear. Where there isn't a cage, officials and athletes must stand at least 2m behind the thrower except the Chief Official and the Official on the sector line and/or spiking and the landing sector should be clear.
- The discus should be **CARRIED** back to the circle - never thrown.

Officials Required

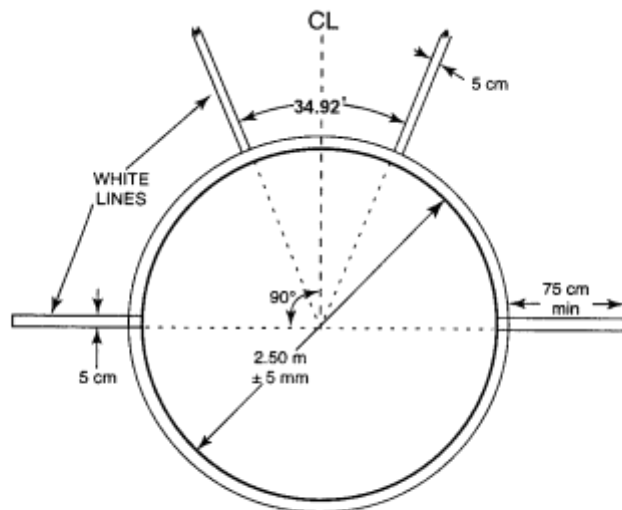
- **Two officials at throwing circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One official at side of Sector.** Tasks include locating and marking the point of impact of the discus and returning the discus to the circle.
- **One official for recording.**

Equipment

- **Sector and Circle:** Clearly marked (as below)
- **Tape Measure:** (50-100 metres)
- **Discus:** (as specified below, provided by the organising body)
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the discus on landing
- **Place Tickets:** To record performance for each athlete
- **Recording Sheet:** For recording all performances at the venue
- **Cloth:** To wipe and clean the discus
- **Broom:** To sweep the surface of the discus circle.

Venue Dimensions

- The discus is thrown from a circle into a sector of 34.92° . The inside diameter of the circle is 2.50mts. All lines used to mark the circle and sector, are 50mm wide.



LAYOUT OF DISCUS CIRCLE

Implement Weights

- **U6 - 8:** 350 gm (recommended)
- **U9 - 10:** 500 gm
- **U11 - 13G & U11 - 12B:** 750 gm
- **U14 - 16G & U13 - 16B:** 1 kg

Number of Trials

- Each athlete is entitled to 3 trials, differences may apply at Centres and State Championships and some athletes may have 6 trials.

Valid Trial

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the discus has landed.
- The athlete must not touch the top of the circle or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the circle.
- For a valid trial the discus must fall so that the point of impact is within the inner edge of the lines marking the sectors.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the **rear half** of the circle.
- The athlete may during the course of each trial, stop and place the discus down in the circle and then recommence the trial again, providing that no other **infringement** has occurred.
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.

Method of Measurement

- Officials select the imprint mark made by the discus on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.
- If the discus hits the cage and deflects back into the sector it shall be a valid trial and measured providing no other infringement occurs.

Recording

- Best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Comp	1st Trial	2nd Trial	3rd Trial	Best	Place
A	14.75	NT	14.62	14.75	4
B	15.35	14.92	15.88	15.88	2
C	14.65	14.35	14.75	14.75	3
D	15.88	15.35	15.03	15.88	1
E	X	X	X	ND	ND

D beats B on countback to 3rd best throw

C beats A on countback to 2nd best throw

X should be used to indicate an invalid trial

State Results will always show “ND” when an athlete fails to record a measurable trial.

Shot Put

Event Safety

- The Chief Official should stand alongside the ring in a safe position on the right hand side of a right handed thrower and vice versa.
- Apart from the Chief Official and the official on the sector line and/or spiking, everyone should stand 2m behind the athlete and the landing sector should be clear.
- The shot should be **CARRIED** back to the circle - never thrown.

Equipment

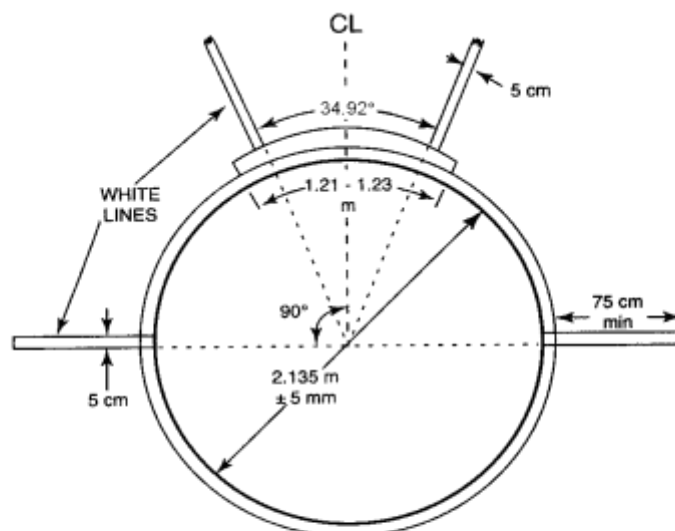
- **Sector and Circle:** Clearly marked (as below)
- **Tape Measure:** (20 metres)
- **Shot:** (as specified below, provided by the organising body)
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the shot on landing
- **Place Tickets:** Record performance for each athlete.
- **Recording Sheet:** For recording all performances at the venue
- **Cloth:** To wipe and clean the shots.
- **Broom:** To sweep the surface of shot put circle

Officials Required

- **Two officials at putting circle:** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One official at side of Sector:** Tasks include locating and marking the point of impact of the shot and returning the shot to the circle.
- **One official for recording.**

Venue Dimensions

- The shot is 'put' from a circle into a Sector of 34.92° . The inside diameter of the circle is 2.135m. All lines used to mark the circle and sectors are 50mm wide.
- A stop/kick board measuring 1.22m Long, 100mm high and 114mm wide shall be used.



LAYOUT OF SHOT CIRCLE

Implement Weights

- **U6 - 7:** 1 Kg (recommended)
- **U8** 1.5 Kg (recommended)
- **U9 - 12G & U9 - 11B:** 2 Kg
- **U13 - 16G & U12 - 13B:** 3 Kg
- **U14 - 16B:** 4 Kg

Number of Trials

- Each athlete is entitled to 3 trials, differences may apply at Centres and State Championships and some athletes may have 6 trials.

Valid Trial

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the shot has landed.
- The athlete must not touch the top of the circle or stop/kick board, or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the stop/kick board.
- The shot must land in a manner whereby the 'impact mark' is within the inner edges of the lines marking the sector.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the **rear half** of the circle.
- The shot shall be put from the shoulder with one hand only. At the start of the trial the shot shall touch or be in close proximity to the neck or chin and shall not be dropped below this position during the action of putting.
- The shot must not be brought from behind the line of the shoulders.
- The athlete may during the course of each trial, stop and place the shot down in the circle and then recommence the trial again, providing that no other **infringement** has occurred.
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.

Method of Measurement

- Officials select the 'imprint mark' made by the shot on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance put unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Comp	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.76	NT	4.62	4.76	4
B	5.35	4.92	5.88	5.88	2
C	4.65	4.35	4.76	4.76	3
D	5.88	5.35	5.03	5.88	1
E	X	X	X	ND	ND

D beats B on countback to 3rd best put

C beats A on countback to 2nd best put

X should be used to indicate an invalid trial

State Results will always show "ND" when an athlete fails to record a measurable trial.

High Jump

Preparation for Event

- Ensure that all aspects of landing area and run up are safe for the athletes.
- Ensure that the brackets that support the cross bars are facing the opposite upright.
- Allow competitors a practice jump(s) to check their run up if possible.
- Set bar at correct starting height (see measuring bar height below).
- The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through movement of the landing bag coming into contact with the uprights.

Event Safety

- The uprights may be moved during a competition only if the Judge in consultation with the Referee considers the take-off or landing area has become dangerous.
- The landing area should be maintained in a safe condition. If a number of small bags are used then it should be regularly checked to ensure that there are no gaps.
- It is also good practice to place smaller mats at the back and ends of landing area.

Equipment

- **Stands/Uprights:** x 2 fitted with a suitable adjustable bracket for holding Cross Bar.
- **Cross Bar:** (circular in cross section) with square mounting blocks at each for resting bar on brackets.
- **Measuring Stick:** or tape.
- **Landing Bag:** (minimum of 600mm thick).
- **Broom:** For keeping Run-up area clean.
- **Marker/s:** For athletes to mark their run-up (tape)- allowed 2 markers.

Officials Required

- **Two officials at the uprights:** to return the cross-bar to the supports.
- **One official to Judge the jump:** this official is the Chief Official for this event.
- **One official to record.**

Measuring the Cross Bar Height

- The height is checked with the measuring stick perpendicular to the ground to the top of the lowest point of the cross bar, i.e., the middle. The height of the cross bar at the uprights is also taken to ensure that the bar is level. Knowing the difference, i.e., “sag” of the bar is useful when raising the bar as the height at the uprights will be higher than in the middle.

General Rules

- Prior to the competition the judges shall announce to the athletes the starting height.
- An athlete may commence jumping at any height above the starting height.
- Three **consecutive** failures regardless of the height will eliminate the athlete.
- At the end of the round the bar should be raised in 5cm increments. When there are six (6) or less competitors remaining the increments shall be 2cms.
- The final athlete may continue to jump, at height rises agreed with the Chief Judge or Referee, until the athlete has three **consecutive** failures.
- An athlete may pass on the second or third trial at a particular height (after failing the first or second time) and still jump at a subsequent height.
- An athlete may approach the bar from any angle. An athlete must take-off from **one foot only**. Diving over the bar is not recommended.
- If the bar falls after an athlete has landed and left the Mat, it MAY still be considered a failure. It is the decision of the judge as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.

- If an athlete fails to **commence** an attempt within 60 seconds of their name being called by the Official in charge, a failure will be recorded. An athlete may abort an attempt (balk) as many times as they like provided that the **final** attempt is commenced in 60 secs.
- If the athlete touches the ground or equipment, i.e. **Mats, Cross Bar** (including the landing area beyond the plane of the uprights either between or outside the uprights), with any part of the body it is considered a failure.

Starting Heights for State Championships

AGE	U9	U10	U11	U12	U13	U14	U15
GIRLS	0.90	1.00	1.10	1.15	1.25	1.30	1.35
BOYS	0.95	1.10	1.15	1.25	1.30	1.40	1.45

- Regions starting heights will be 10cms below States.
- Centres use age and skill appropriate starting heights.

Recording:

O: indicates a **Clearance or valid jump.**

X: indicates a **Failure**

-- : indicates a **“Pass”** or **“Did not attempt at that height”**

Comp	1.05	1.10	1.15	1.20	1.25	1.30	1.33
A	-	XO	O	XO	O	XXO	XXX
B	O	O	O	X-	XO	XXO	XXX
C	O	O	X-	O	XXO	XXO	XXX
D	O	X-	O	XXO	XXO	XO	XXX
E	X-	X-	X				

Determining the Results

- The athlete who clears the greatest height is the winner.
- If there is a tie:
- The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place. If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- If the tie still remains and the Organising committee has advised a jump off will occur then:
- If it concerns first place, the athletes tying shall have one more jump at that height at which they failed, and if no decision is reached the bar shall then be lowered or raised to the heights which shall be announced by the Chief Judge of the event, they shall then attempt one jump at each height until the tie is broken. Athletes will be awarded the best of all their jumps, including those in a jump off.
- If it concerns any other place the athletes shall be awarded equal place in the competition.
- If the Organising committee has advised **No** jump off will occur then all tied places will be equal.

Comp	Best	Failures	Place
A	1.30	4	E2
B	1.30	4	E2
C	1.30	5	4
D	1.30		1
E	NH		NH

All cleared 1.30 m and all failed at 1.33 m.

D wins with the lowest number of attempts at 1.30, only 2

A & B is equal 2nd with 4 failures. C is 4th with 5 failures.

State Results will always show “NH” when an athlete fails to record a measurable height.

Long Jump

Preparation for Event

- Ensure sand in the Pit is level with run-up.
- Sand may need to be watered if it is dry.
- Allow athletes a practice jump(s) to check their run up if possible.
- Markers are to be available / distributed to all athletes to mark their run-up.
- The distance from the edge of the pit to the front edge of the take-off area for:
- **U6-8:** should not be less than 500mm or more than 2 metres.
- **U9-U16:** should not be less than 500mm and not more than 3 metres.

Event Safety

- Before first event of the day, the pit needs to be carefully dug over to loosen sand and whilst turning and levelling sand an inspection and removal of objects such as sticks, stones, etc. to avoid injury to the athletes.

Equipment

Take-off area: (mat, sand, tape or board):

- **U6-8:** 1.22m x 1.0 m } mat with thin layer of sand
- **U9-11:** 1.22m x 0.5m } mat with thin layer of sand
- **U12-16:** 1.22m x 0.2m } tape/board

Note: Some Centres may use different sized areas

- **Tape Measures:** 1 for measuring (20 metres), 1 for Run ups (50metres)
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping Runway clear of sand
- **Shovel:** For digging over landing area and moving sand
- **Bucket/Hose/Watering Can:** For keeping sand damp
- **Hand Brush:** To sweep take-off area after each jump.
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the athlete on landing.
- **Place Tickets:** To record performance for each athlete.
- **Recording Sheet:** For recording all performances.
- **Marker:** For athletes to mark the start point of their run-up, an additional (longer) tape may be made available for use by the athletes to measure their run-up.

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring. (see measuring the jump)
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording.**

Number of Trials

- Each athlete is entitled to 3 trials, differences may apply at Centres and State Championships and some athletes may have 6 trials.

General Rules

- The athletes fail if they employ any form of somersaulting.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

Trials: the athlete

- Must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul / invalid trial and recorded as a “No Jump”.
- Markers may not be placed on runway but may be placed alongside the runway.
- Markers are not permitted in the landing area/pit.
- If during the run-up, an athlete touches the ground beyond the take off line with any part of the body, whether running up with or without jumping; it shall be deemed a trial even if it is not completed. This will be recorded as a “No Jump”.
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
- In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.

Measuring the Jump

- All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot (U6-U11) or to the take-off line or its extension (U12-U16). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- In the case of an (U6-U11) athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the take-off area or its extension.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted
- The athlete who has the longest measured distance from all jumps recorded is the winner
- Ties are broken by referring to the next best jump

Comp	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.75	NJ	4.62	4.75	4
B	5.35	4.92	5.87	5.87	2
C	4.65	4.35	4.75	4.75	3
D	5.87	5.35	5.03	5.87	1
E	X	X	X	ND	ND

D beats B on countback to 3rd Best Trial

C beats A on countback to 2nd Best Trial

X should be used to indicate an Invalid Trial

State Results will always show “ND” when an athlete fails to record a measurable trial.

Triple Jump

Definition

The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

- **Hop:** During the hop the athlete uses the same foot for take-off and landing.
- **Step:** Athlete lands on the opposite foot (to that used for the hop).
- **Jump:** Athlete performs a jump from the “step” foot and lands in the pit.

Event Safety

- Before first event of the day, the pit needs to be carefully dug over to loosen sand and whilst turning and levelling sand an inspection and removal of objects such as sticks, stones, etc. to avoid injury to the athletes.
- Officials may need to direct athletes to use a shorter mat placement if they fail to make the pit.

Preparation for Event

- Ensure sand in the Pit is level with the run-up.
- Sand may need to be watered if it is dry.
- Allow jumpers a practice jump(s) to check their run up if possible.
- Markers are to be made available to all athletes to mark their run-up.
- The take-off area minimum distance varies for each athlete as safety is paramount and is the overriding factor.

Equipment

Take-off area: (mat, sand, tape or board):

- **U9 - 11:** 1.22m x 0.5m } sand or mat
- **U12 – 16:** 1.22m x 0.2m } tape/board
- **Tape Measures:** 1 for measuring (20 metres), 1 for Run ups (50metres)
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping Runway clear of sand
- **Shovel:** For digging over Landing Area and moving sand
- **Bucket/Hose/Watering Can:** For keeping sand damp
- **Hand Brush:** To sweep take-off area after each jump.
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the jumper on landing
- **Place Tickets:** To record performance for each athlete
- **Recording Sheet:** For recording all performances at the venue
- **Marker:** For athletes to mark the start point of their run-up, an additional (longer) tape may be made available for use by the athletes to measure their run-up.

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring (see below for measuring the jump).
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see below for measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording.**

Number of Trials

- Each athlete is entitled to 3 trials, differences may apply at Centres and State Championships and some athletes may have 6 trials.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

Trials: the athlete

- Must take-off from one foot;
- Must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul / invalid trial and recorded as a “No Jump”.
- Markers may not be placed on runway but may be placed alongside runway.
- Markers are not permitted in the landing area/pit, or beyond the take-off area.
- If during the run-up, an athlete touches the ground beyond the take off line with any part of the body, whether running up with or without jumping; it shall be deemed a trial even if it is not completed. This will be recorded as a “No Jump”.
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
- In the course of landing a jumper must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.

Note:

- (1) The trailing leg is allowed to make contact with the ground during the trial without penalty.
- (2) It is recommended that athletes should be grouped to trial on take-off area position while maintaining the order within each group.
- (3) An athlete may change the position of their take off; they must however inform the recorder first.

Measuring the Jump

- All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot (U6-U11) or to the take-off line or its extension (U12-U16). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- In the case of an (U6-U11) athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the take-off area or its extension.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted
- The jumper who has the longest measured distance from all jumps recorded is the winner.
- Ties are broken by referring to the next best jump

Comp	1st Trial	2nd Trial	3rd Trial	Best	Place
A	10.76	NJ	9.62	10.76	4
B	11.35	10.92	11.88	11.88	2
C	10.65	10.35	10.76	10.76	3
D	11.88	11.35	11.03	11.88	1
E	X	X	X	ND	ND

D beats B on countback to 3rd Best Trial

C beats A on countback to 2nd Best Trial

X should be used to indicate an Invalid Trial

State Results will always show “ND” when a jumper fails to record a measurable trial.

Suggested Equipment Specifications

(a) Hurdles

60 Metre Hurdles - (Six Flights) Orange Track Markings

AGE-B/G	HEIGHT	RUN IN	SPACING	RUN OUT
9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

80 Metre Hurdles - (Nine Flights) Black Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45cm	12m	7m	12m
10 - 11	60cm	12m	7m	12m
12	68cm	12m	7m	12m
13	76cm	12m	7m	12m
14 G	76cm	12m	7m	12m

90 Metre Hurdles - (Nine Flights) White Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76cm	13m	8m	13m
15 G	76cm	13m	8m	13m
16 G	76cm	13m	8m	13m

100 Metre Hurdles - (Ten Flights) Yellow Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76cm	13m	8.5m	10.5m
16 B	76cm	13m	8.5m	10.5m

300 Metre Hurdles - (Seven Flights) Green Track Markings

AGE B/G	HEIGHT	RUN IN	SPACING	RUN OUT
13 - 16	68cm	50m	35m	40m

(b) Field Events

Triple Jump

AGE GROUP	FRONT EDGE OF MAT - SUGGESTED ONLY.
U9 - U10 B & G	4 / 5 / 6m
U11 B & G , U12 G	5 / 6 / 7 / 8m
U12 B	6 / 7 / 8 / 9m
U13 B & G	7 / 8 / 9m
U14 - U16 B & G	8 / 9 / 11 / 13m

10mt & 12mt Boards

No longer used.

Long Jump

AGE GROUP	TAKE OFF AREA	FRONT EDGE OF MAT OR BOARD FROM EDGE OF PIT	
U6 – 8	1.0m	Mat	Min 500mm – Max 2 metres
U9 – 11	0.5m	Mat	Min 500mm – Max 3 metres
U12 – 16	0.2m	Board	Min 500mm – Max 3 metres

Javelin

AGE GROUP	NOMINAL WEIGHT	DIMENSIONS
B 11, 12 G 11, 12, 13, 14	400g	1.85 - 1.95m
G 15, 16	500g	2.00 – 2.10m
B 13, 14, 15	600g	2.20 - 2.30m
B 16	700g	2.30 – 2.40m

Shot Put

AGE GROUP	NOMINAL WEIGHT	COLOUR CODING
6, 7	1.000kg	
8	1.500kg	
G 9, 10, 11, 12 B 9, 10, 11	2.000kg	BLACK
G 13,14,15,16 B 12, 13	3.000kg	WHITE
B 14, 15,16	4.000kg	RED

Discus

AGE GROUP	NOMINAL WEIGHT
6, 7, 8	350g
9 & 10	500g
11 & 12 & G 13	750g
B 13, 14, 15, 16 G 14, 15, 16	1Kg

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