

Section “C” – Field Events

These rules are to be read in conjunction with Section A Competition General Rules.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete

1. General Rules

1.1 Appointment of Judges

The Chief Judge for each field event shall: -

- i. allocate the duties among the Officials for their respective events.
- ii. inspect the area they are responsible for.
- iii. check for any hazards that may cause injury to the athletes.
- iv. ensure that all facilities comply with the “LANSW Rules of Competition” and the “IAAF”.

1.2 Markers

- i. A competitor may place alongside the runway 1 or 2 markers (supplied or approved by the Organising Committee) to assist them in their run-up and take-off.
- ii. If such markers are not supplied, adhesive tape may be used but not chalk or similar substance, nor anything that leaves indelible marks.
- iii. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

1.3 Practice Trials

- i. In field events, at the discretion of the Chief Judge or Carnival Manager, all competitors are allowed up to 2 practice trials before the competition begins.
- ii. Trials are to be made in draw order under supervision.

1.4 Competition Order (then commencement of competition)

- i. The order in which competitors shall take their trials shall be drawn randomly.
- ii. In all events, except for the High Jump, where there are more than 8 competitors, each shall be allowed 3 trials and the 8 competitors with the best valid performances shall be allowed 3 additional trials.
- iii. In the event of a tie (after countback) for 8th place, any competitors so tying shall be allowed the 3 additional trials. (Tying means, in this case, achieving the same distance).
- iv. Where there are 8 competitors or fewer, each competitor shall be allowed 6 trials regardless of the number of fouls recorded.
- v. The final 8 competitors shall complete the last 3 additional trials in the inverse order to the ranking of their performance recorded in the first 3 trials.

1.5 Clash of Events

- i. In all events, except High Jump, where a clash of events occurs, the Chief Judge is empowered to allow the athlete to compete out of round and out of order in all 6 rounds.
- ii. No competitor may have 2 or more trials in succession (Except for events with only 1 competitor or the final competitor in High Jump).
- iii. The first 3 qualifying rounds of the competition must be completed, and a final 8 determined before any trials from rounds 4, 5 and 6 are taken.
- iv. Competitors having been taken from a field event to a track event by the Clash Manager must return to the field event immediately following their release from the track event.

- v. High Jump
 - a. If a competitor is entered in clashing events, the Chief Judge is empowered to allow the competitors to take their trials in an order other than that shown in the program.
 - b. The competitor cannot demand to make all their trials in succession, or to take any trials of that round in which they have failed to appear.

1.6 Competition

- i. Commencement of Competition
 - a. Competition commences with the first trial in the first round.
 - b. The trials shall commence when the Official responsible indicates to the competitor that all is ready for the trial to begin, and the athlete is called.
 - c. The period allowed for this trial shall commence from that moment.
- ii. Commencement of a Round
A round commences when the first athlete eligible to compete in the round commences their trial.
- iii. Completion of a Round
A round is complete when the last athlete eligible and present to compete in the round completes their trial.
- iv. Completion of Trial
 - a. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
 - b. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit. **Note:** leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.
 - c. High Jump - a trial is complete when the Chief Judge designates a "fair/foul jump".
- v. Completion of Competition
 - a. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
 - b. All other events are complete when the last round is completed.

Note

The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.
- vi. Entry to Competition
Taking into account the definitions above (except for State Relays).:
 - a. No athlete may enter the competition after the completion of the 3rd round, i.e. High Jump - 3rd round equals 3rd height.
 - b. No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.
 - c. A competitor cannot demand to have a trial that was missed due to absence.

1.7 Delay

- i. Competitors in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a foul.
- ii. It is a matter for the Referee to decide what is an unreasonable delay, but the following time should not normally be exceeded:
 - a. Long Jump, Triple Jump, Shot, and Discus, and Javelin - 1 minute.
 - b. High Jump – 1 minute, but when only 2 or 3 competitors continue in the competition, the time should be increased to 1.5 minutes, except in Multi Event competitions. If there is only 1 competitor left, then the time should be increased to 3 minutes.
- iii. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

1.8 Foul

In all field events if an athlete incurs a foul, they will be told the reason for the foul at the completion of the trial. In all field events, the chief judge shall indicate a fair trial with a white flag and a foul with a red flag.

1.9 Measuring

- i. The Judges shall judge, measure and record each valid trial of the competitors.
- ii. All measurements shall be made immediately after each valid trial.
- iii. Where possible, all measurements must be made using electronic distance measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.
- iv. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- v. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- vi. 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.

1.10 Ties

- i. **In all field events, except for High Jump:**
 - a. The 2nd best performance of the competitors tying shall decide the tie. If a tie remains, the 3rd best and so on.
 - b. If athletes in field events are tied for any place after **ALL** count backs have been applied, then equal placing will be declared.
- ii. **High Jump Ties**
 - a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - b. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
 - c. If the tie remains the competitors shall be awarded the same place in the competition There is no jump-off for **placings**.
 - d. If the result determines progression to the next level of competition, then a jump off should take place. This jump off will not affect placings.

1.11 Progression to next Level of Competition

- i. Where a certain number of athletes need to be arrived at for progression to the next level (Zone to Region and Region to State) of competition, the principal of elimination shall be used.
- ii. The tying athletes will be required to throw or jump off to determine which athlete/s progress to the next level.

In high jump the following will apply:

 - a. Competitors tying shall have 1 more jump at the last height at which any of those involved in the tie failed and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not.
 - b. The bar shall be raised or lowered in 2cm increments.
 - c. They shall then attempt 1 jump at each height until the tie is resolved. Competitors so tying must jump on each occasion when resolving the tie.
- iii. Where elimination is used the original result will not be altered.

1.12 Absence (from area of competition)

- i. In all field events, including Multi Event competitions, competitors may not leave the immediate area of the competition during the competition unless they have the permission of, and are accompanied by an Official.
- ii. Athletes crossing to the outside of the track from a field competition site are considered to be in violation of this rule.
- iii. The immediate area of competition is to be clearly marked or instructions as to what is considered the immediate area should be clearly given.
- iv. Any athlete contravening this rule during a field event must be cautioned by the Chief Judge and warned that for any repetition, they may be barred from further participation in that event. Any performance up to that time shall stand.
- v. Should the athlete further contravene the rule the Referee may bar the athlete from further participation in that event. Any performance accomplished up to that time shall stand.

1.13 Obstruction

If for any reason a competitor is hampered in a trial in a field event, the Referee shall have the power to award that competitor a substitute trial.

1.14 Results

Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area.

1.15 Change of Competition Area

- i. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.
- ii. Such a change shall be made only after a round is completed.
- iii. If a change is required because conditions are dangerous, then the round shall be restarted.

1.16 On Field Protest

If an athlete in the U13 to U17 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. **At the end of the round the Referee will adjudicate on the protest.**

1.17 Coaches Areas

A designated 'coaches areas' will be provided for field events at LANSW State Championships (State Relays, State Multi-Event and Track & Field). Each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). Athletes in the U12-U17 age groups only, will be permitted to approach that area to talk to their coach. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.

The athlete requires the permission of the relevant official to leave the event area to go to the coaches area during competition. On this occasion, the athlete does need to be accompanied by an event official.

2. Throwing Events

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

2.1 General Rules

2.1.1 Implements

- i. All implements shall conform to the specifications set out with Australian Little Athletics standard events.
- ii. All implements shall be provided by the organisers of the Championships.
- iii. Little Athletics NSW shall provide all implements at LANSW events (with the exception of Zone).
- iv. No competitor is allowed to use any other implements, or to take them to the competition area.
- v. In throwing events the implements must be carried back to the throwing area and never thrown.

2.1.2 Personal Safeguards

- i. No device of any kind (e.g. taping of fingers or hand), which in any way assists a competitor when making a throw, shall be allowed.
 - a. **Shot Put:** In order to protect the wrist from injury, a competitor may wear a bandage at the wrist.
 - b. **Discus and Javelin:** The use of tape on the wrist will only be allowed upon the production of a doctor's certificate or authority given by the Medical Officer.
 - c. **Javelin:** A competitor may wear elbow protection.
- ii. The use of tape on the hand shall not be allowed except in the need to cover an open cut.
- iii. In order to obtain a better grip, competitors in throwing events are permitted to use an adhesive substance such as resin or similar substance on their hands only.
- iv. A competitor may not spray or spread any substance in the circle.
- v. In order to protect the spine from injury, a competitor may wear a belt of leather or other suitable material.
- vi. Once the competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

2.1.3 Throwing Circle

- i. The dimensions of the circles used for shot put and discus, and the runway used for javelin, shall conform to the specifications set out in the IAAF Track & Field Facilities Manual.
- ii. Circles shall be made of a band of iron, steel or other suitable material, the top of which shall be flush with the ground outside.
- iii. The interior of the circle may be constructed on concrete, asphalt or other firm, but not slippery, material.
- iv. The surface of the interior shall be level and 14mm-26mm lower than the upper edge of the rim of the circle.
- v. The inside diameter of the circle shall be 2.50m (+/-5mm) in Discus and in Shot 2.135m (+/-5mm). The rim of the circle shall be at least 6mm thick.
- vi. A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. It may be painted, or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the throwing sector.

2.1.4 Landing Sector

- i. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- ii. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- iii. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20 m from the centre of the circle exactly 12m apart.
- iv. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass 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 part . The sector is thus 28.95°.
- v. The sector may be accurately laid out by making the distance between the two sector lines 20 m at a point 40 m distance from the centre of the throwing arc along one of the sector lines.
- vi. The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

2.1.5 Safety Considerations in Javelin and Discus

- i. The sector lines should be extended well in excess of the best thrower and their ends marked with a red flag.
- ii. After each throw, the implement should be carried back and not thrown back to the throwing area.
- iii. As these events are usually taking place simultaneously with other track and/or field events, care must be taken in locating the events.
- iv. Where the Javelin cannot be conducted away from the competition area, it is recommended that the javelin runway and flight path be directly parallel and midway between the 2 straights of the track.
- v. All participating athletes and spectators must be kept to the side and well away from these events in case of an inaccurate throw. Only officials should be in the sector and in close proximity to the competition areas.

2.1.6 Record Markers

In all competitions where an Australian Best Performance or a State Best Performance (State Record) can be broken a marker shall be placed indicating the current ratified record. When record markers are used, they should be placed outside the sector.

2.1.7 Validity of Throws

In throwing events from a circle:

- i. A competitor **must** commence the throw from a stationary position inside the circle.
- ii. The competitor is allowed to touch the inside of the iron band or stop board.
- iii. It shall be a foul throw if the competitor after entering the circle and **commencing** to make a throw touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.
- iv. In Shot, it shall be a foul throw if any part of the body touches the top of the stop board during the putting of the shot.
- v. Provided that in the course of a trial, the foregoing rules have not been infringed a competitor may interrupt a trial once started.
 - The athlete **may** lay the implement down inside or outside the circle and **may** leave the circle if so desired.
 - When leaving the circle they must step out (as required below) before returning to a stationary position and continue their throw within the time limit.

- vi. Competitors must not leave the circle until the implement has landed.
- vii. It shall be a failure if the athlete leaves the circle or runway before the implement has touched the ground, or if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically; through the centre of the circle. Note: the first contact with the top of the rim or the ground outside the circle is considered leaving.



Leaving the discus circle

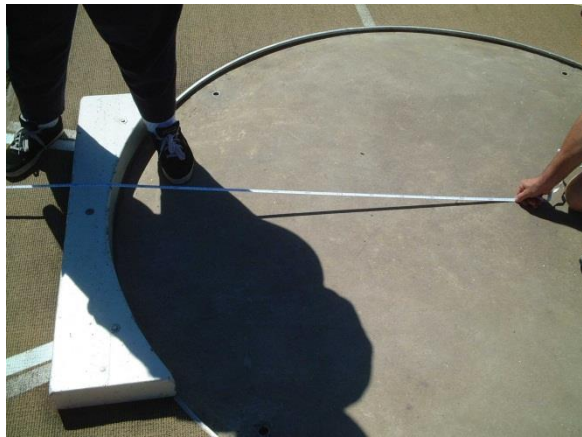
- viii. If the Discus hits the net/cage and falls within the sector lines, it shall not be recorded as a foul.
- ix. It is not a foul if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway. The athlete can retrieve the implement and continue the trial within the allocated time. If the implement touches the ground outside the circle or runway, it becomes a foul.

2.1.8 Javelin

- i. Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- ii. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. **The javelin is not required to stick in the ground.**
- iii. For a valid throw, the metal head of the javelin must fall completely within the inner edges of the landing sector.
- iv. It shall be a foul throw if the competitor, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
- v. It is not a foul if the end of the javelin touches the ground during the run up.
- vi. At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is towards the throwing arc.
- vii. Competitors must not leave the runway until the implement has touched the ground.
- viii. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, 4 metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
- ix. A competitor may interrupt a trial once started, **may** lay the implement down inside or outside the runway and **may** leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

2.1.9 Measuring

- i. All measurements shall be made immediately after each valid trial.
- ii. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.



- iii. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
- iv. In Javelin the measurement of each throw will be made from where the metal head of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.

2.2 Shot Put Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

In this event there are some special points to be watched. IAAF rules state that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to "throw" rather than "put" it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.



Obviously the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary then the delivery is a fair one.

2.2.1 Putting The Shot

- i. The shot shall be put from the shoulder with one hand only.
- ii. At the time the competitor takes a stance (i.e. stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- iii. The shot shall not be taken behind the line of the shoulders.
 - Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.
 - The words "the shot shall be put from the shoulder with one hand only", does not mean that the implement has to touch the shoulder prior to release.
- iv. Cartwheeling techniques are not permitted.
- v. Failure to comply with any of the rules 2.2.1 i. to iv. shall result in the trial being recorded as a foul.

2.2.2 Officials

- i. 5 Officials are required (6 if EDM used).
- ii. Official A (normally the Chief Judge) will:
 - a. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read off the measurement of the throw.
 - b. Indicate a fair put with a white flag and a foul put with a red flag.
 - c. Advise the athlete of the reason for any foul.

- iii. Official B will:
- Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.
- iv. Sector Officials C and D will:
- Mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.
 - Return the shot to the competitors. (The shot must always be carried and never thrown).
- v. Official E will:
- Record the result on the Result Sheet and call up competitors.
 - Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- Note**
- The most likely infringement will be at the front of the circle where the force of the leg drive may cause the competitor to touch the top of the circle or stop board, or even go over it.
 - Another infringement may occur at the rim, just to the left of the stop board (for a right handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.
 - Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.
- vi. EDM operator (where used) should:
- In conjunction with the chief judge, set up the EDM (including check marks)
 - Measure each valid trial using the EDM
 - Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
 - Advise chief judge when the EDM is ready for the next trial.
 - Validate check mark at the beginning and end of each event.

2.2.3 Stop Board Construction

- The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines, and be so made that it can be firmly fixed to the ground.
- The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.

2.3 Discus Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

2.3.1 Officials

- i. 6 officials are required (7 if EDM used).
- ii. Official A (normally the Chief Judge) will:
 - a. Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front.
 - b. Indicate a fair throw with a white flag and a foul throw with a red flag and will read off the measurements.
 - c. Advise the athlete the reason for a foul.
- iii. Official B will:
 - a. Stand **outside the Discus cage** and to the rear of the circle.
 - b. Watch for infringements at the rear as the thrower turns and will also pull the tape through the centre of the circle.
- iv. Official C will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials D & E will:
 - a. Operate in the field watching the sector lines and assist in determining the point of landing.
 - b. Return the discus to the competitors. (The discus must always be carried and never thrown).
- vi. Official F will:

Mark the fall of the discus with a spike either holding the zero end of the tape or EDM prism.

Note

Since the landing of a discus is somewhat unpredictable the officials must observe the actual landing carefully. A discus may land in various ways:

- On its front edge, which presents no difficulty.
 - Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.
 - Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.
- vii. EDM operator (where used) should:
 - a. In conjunction with the chief judge, set up the EDM (including check marks)
 - b. Measure each valid trial using the EDM
 - c. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
 - d. Advise chief judge when the EDM is ready for the next trial.
 - e. Validate check mark at the beginning and end of each event.

2.3.2 Discus Cage

- i. All discus throws **must** be made from an enclosure or cage to ensure the safety of spectators, officials and competitors.
- ii. The cage should also be designed, manufactured and maintained so as to stop the discus so there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net. Provided it satisfies this, any form of cage design and construction can be used.
- iii. The cage should be U-shaped in plan.
- iv. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels.
- v. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 50mm for steel wire and 44mm for cord netting. The minimum size of cord or wire depends on the construction of the cage, but the minimum breaking strain should be 40kg.

2.4 Javelin Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

2.4.1 Officials

- i. 6 Officials are required (7 if EDM used).
- ii. Official A (normally the Chief Judge) will:
 - a. Watch for infringements along the runway and at the front of the arc.
 - b. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the competitor leaves the runway.
 - c. Indicate a fair throw with a white flag and a foul throw with a red flag and read the measurements.
 - d. Advise the athlete of the reason for a foul.
- iii. Official B will:
 - a. Stand approximately 8-10m behind the arc alongside the runway.
 - b. Pull the tape through the centre of the circle of which the throwing arc is part.
 - c. Assist Official A in determining that the Javelin is thrown in the correct manner.
- iv. Official C will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials D and E will:
 - a. Operate in the field watching the sector lines and assist in determining the point of landing.
 - b. Return the javelin to the competitors. (The javelin **must** always be carried back to the runway and never thrown).
- vi. Official F will:
 - a. Mark the spot where the point of the javelin first touched the ground.
 - b. Move from the side without taking their eyes off the mark.
 - c. Indicate a foul by: -
 - Pointing outside the sector line when the javelin first landed outside the sector OR
 - Waving a hand from side to side to indicate that first point of contact was not made by the metal head the javelin.
 - d. Mark the point of landing nearest to the runway with a spike holding either the zero end of the tape or EDM prism.

Note

 - These officials should, where possible, position themselves in line with the point of landing. The actual point of landing may be difficult to find, so it is essential that these Officials watch very carefully.
 - Officials must maintain strict control over all throwing; including 'casual' throwing during warm-up and between competition throws. Athletes also have a safety responsibility.
- vii. EDM operator (where used) should:
 - a. In conjunction with the chief judge, set up the EDM (including check marks)
 - b. Measure each valid trial using the EDM
 - c. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
 - d. Advise chief judge when the EDM is ready for the next trial.
 - e. Validate check mark at the beginning and end of each event.

2.4.2 Runway

- i. Shall be marked by 2 parallel lines, 4m apart, and the throw shall be made from behind an arc or a circle drawn with a radius of 8 m. Such arc shall consist of a strip made of paint, wood or metal 7cm in width, painted white and shall be flush with the ground.
- ii. The runway shall be level and a minimum length of 30m.
- iii. The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.
- iv. The runway shall be marked by 2 parallel white lines 5cm wide and 4m apart.
- v. The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.

- vi. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
- vii. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

2.4.3 Layout

- i. Measure 8 m from each of the throwing ends of the runway lines to an imaginary line through the centre of the runway. Mark the point where these lines intersect which will be the Centre of the throwing arc.
- ii. From this point, tension an 8m length of string and scribe an arc at the end of the runway.
- iii. Mark this arc twice to produce a line of width 7cm where the arc meets the sides of the runway, extend the arc ends at right angles to the runway edges for 75cm. Once again mark these lines twice to produce a line 7cm wide.
- iv. All lines on the entire field are 5cm wide except those that mark the throwing arc for the javelin.

2.4.4 Implement Construction

- i. The shaft of the javelin shall be constructed completely of metal.
- ii. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout.
- iii. The shaft shall have fixed to it a metal head terminating in a sharp point.
- iv. A grip shall cover the centre of gravity and shall not exceed the shaft by more than 8mm. The grip shall be of uniform thickness.

3. Jump Events

3.1 Long & Triple Jumps Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

3.1.1 Long & Triple Jump Runway

- i. The long jump runway and pit shall comply with the specifications set out within the IAAF Track & Field Facilities Manual, except as modified within this section.
- ii. The minimum length provided for the runway shall be 40m.
- iii. The runway should be 1.22m +/- 0.1m wide. (For all tracks constructed before 1 Jan 2004, the runway may have a width of a maximum of 1.25m).
- iv. The runway should be marked by white lines 5cm in width.
- v. Where conditions permit the minimum length should be 45m.
- vi. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

3.1.2 The Landing Area

- i. The landing area shall have a minimum width of 2.75m and a maximum width of 3m.
- ii. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.
- iii. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

3.1.3 Measuring of Run-up

- i. Competitors may use the runway to gain their desired starting point before competition begins.
- ii. Once the competition starts, competitors may re-measure their run-up but the Chief Judge must first grant permission. This further re-measurement must not be made on the runway except where the Chief Judge deems the outsides of the runway unsafe.

3.1.4 Validity of Trials - U6 through to U12- 0.5m x 1.22m

It shall be counted as a foul if:

- a. Any part of the mark made by the competitor's take-off foot protrudes over the front line of the 0.5m x 1.22m board. If a competitor takes off before reaching the take-off area it shall not, for that reason, be counted as a foul.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- d. After landing, the competitor walks back through the landing area without first correctly exiting the pit.
- e. Both feet make a mark in the 0.5m x 1.22m board.
- f. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- g. Any sort of somersaulting is used.

3.1.5 Validity of Trials - U13 through to U17 - 20cm Board

It shall be counted as a foul if any competitor:

- a. Any part of the mark made by the competitors take off foot protrudes over the front edge of the take-off area, whether running up without jumping or in the act of jumping.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- d. After landing, the competitor walks back through the landing area without first correctly exiting the pit.

- e. Does not take off from 1 foot.
- f. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- g. Any sort of somersaulting is used.
- h. If a competitor takes off before reaching the board it shall not for that reason be counted as a foul.

3.1.6 Triple Jump

- i. The hop shall be made so that the competitor shall first land upon the same foot as that from which they shall have taken off, in the step they shall land on the other foot, from which consequently the jump is performed.
- ii. If the competitor while jumping touches the ground with the “sleeping” leg it shall not be considered a foul.

3.1.7 Take-off Area

- i. U6 to U12
 - a. The take-off area shall be constructed of sand or soft earth or a mat covered with sand or soft earth to a depth of 1 to 2 centimetres measuring 1.22m wide by 0.5m.
 - b. In the long jump, the take-off area should be no closer than 1 metre from the edge of the pit and no further than 2 metres for the U8 to U12 athletes, and 0.5 metres from the edge of the pit for U6 and U7 athletes.
 - c. For the triple jump, 3 take-off areas are required, at 5, 7 and 9m back from the pit. The officials shall place a suitable marker (witches hat etc) at the take-off board nominated by each competitor. Competitors may change their take-off area as many times as they wish, as long as they notify the officials at the event, prior to each jump.
- ii. U13 to U17
 - a. A board, sunk level with the runway and the surface of the landing area, shall mark the take-off.
 - b. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
 - c. Where possible, Immediately beyond the take-off line there may be placed a strip of plasticine or other suitable material (i.e. damp soft earth or sand) for indicating the athlete's footprint when they have fouled.
 - d. This indicator strip shall be constructed as to rise from the level of the take-off board at an angle of 45° in the direction of the running, to a maximum height above the take-off board of 7mm including the layer of material used.
 - e. The distance between the take-off board and the end of the landing area shall be at least 10m.
 - f. The take-off board shall be not less than 1 metre and no greater than 2 metres from the edge of the landing area.
 - g. For the triple jump, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit. An additional 13m will be made available on request. Competitors may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

3.1.8 Construction of Take-Off Board

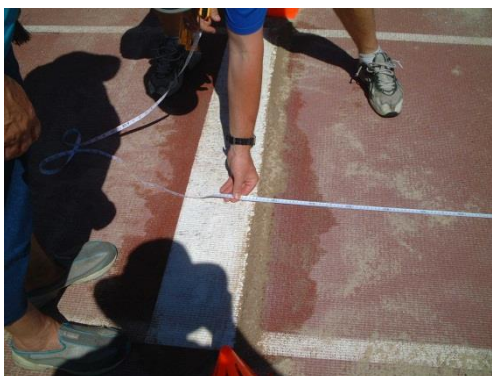
- i. The take-off board shall be made of wood or some other suitable rigid material and shall measure 1.21m to 1.22m long, 198mm to 202mm wide and maximum 10cm deep.
- ii. It shall be painted white. Where the above is not feasible a painted line on the runway can indicate the take-off area.

3.1.9 Measuring

- i. U6 to U12
 - Jumps can be measured 2 ways:
 - a. When any part of the competitor's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
 - b. When no part of the competitor's foot lands in the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take off line) or its extension. The measurement **must** be taken perpendicular to the back of the mat or its extension.



- ii. U13 to U17
 - a. In measuring a jump the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take off line.
 - b. The feet of the competitor do not necessarily make this break; if a jumper is off balance it may be any part of their body.
 - c. The measurement must be taken perpendicular to the take-off line or its extension.



3.1.10 Officials

- i. A minimum of 5 officials is required.
- ii. Official A (normally the Chief Judge) will:
 - a. Act as the take-off judge, who alone will decide the validity of the jumps.
 - b. Indicate a fair jump with a white flag and a foul jump with a red flag. Before declaring a “no-jump” for a foot fault, the take-off Official must be satisfied that actual contact with the ground beyond the take-off line has been made.
 - c. Advise the athlete the reason for a foul.
- iii. Official B will:
 - a. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
 - b. Level the take off area in the U6 to U12 age groups or repair the plasticine or other material used to indicate a foot foul in the U13 to U17 age groups.
- iv. Official C will:
Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- v. Official D will:
 - a. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
 - b. A further assistant may be required to assist with the raking with the older age groups.
- vi. Official E will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

3.2 High Jump Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.

3.2.1 New High Jump rule

Commencing from the 2016-2017 season, the scissor technique will be the only high jump technique that is allowed to be used at any level of competition for athletes in the U10 age group and below. (i.e. only the U11 age group and above will be able to use any valid technique).

Note: Restraining straps must not be used for athletes using the scissor mats.

In order to transition to this requirement, LANSW will introduce this rule for U9 athletes in the coming season (2015-2016).

It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:

- i. The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
- ii. The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- iii. The competitor's lead foot touches the mat before any other part of the body.

3.2.2 Safety

- i. The Chief Judge should first make sure that the landing area is satisfactory, and that the uprights and cross-bar (including a spare) are in good condition.
- ii. Restraining straps **must** be used for all competition (with the exception of age groups using the scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body.



- iii. Athletes are to be advised to jump so that they land in the centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (ie. in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump, if it is not done correctly.
- iv. The Chief Judge (or equivalent) shall have the power to caution any athlete using an unsafe technique and if necessary not allow the competitor to continue further in the event.
- v. The minimum area for the landing area is 2.4m by 4.0m by 0.5m at Little Athletics NSW Championships. An additional moveable bag is also recommended which has been adequately secured.
- vi. **Landing Areas**
By the beginning of the 2019-2020 season, high jump competition at any level can only be conducted utilising high jump mats that meet the following minimum specifications:
 - Scissor mats – 5m x 3m and a minimum height of 150mm (maximum height of 300mm)
 - Flop mats – 5m x 3m and a minimum height of 400mm (however it is recommended and preferred that mats have a height of at least 500mm).

3.2.3 Validity of Jumps

- i. A competitor may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. **3 successive failures, not necessarily at the same height**, disqualifies the athlete from competing further.
- ii. The effect of this rule is that a competitor may forego their 2nd or 3rd jumps at a particular height (after failing 1st or 2nd time) and still jump at a subsequent height.
- iii. A competitor must take off from one foot.
- iv. Knocking the bar off the supports, or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
- v. However, if when jumping, a 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 as a failure.
- vi. If the bar falls off without having been knocked by the competitor (eg. due to strong wind) the competitor is not penalised.
- vii. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

3.2.4 Measuring

- i. Before the commencement of the competition the Judge shall announce to the competitors the starting height and the subsequent heights to which the bar has been raised at the commencement of each round.
- ii. The height of the cross-bar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.
- iii. In the case of a sagging cross-bar measurement is made from the ground perpendicular to the upper edge of the cross-bar at the point where it is lowest.
- iv. In the case of records, the Referee and Chief Judge must check the measurement when the crossbar is placed at the record height. They must recheck the measurement before each subsequent record attempt, if the crossbar has been disturbed since last measured.
- v. Even after all other competitors have failed a competitor is entitled to continue until they forfeit their right to compete further.
- vi. The heights to which the cross-bar is raised shall be decided after consulting with the competitor.
- vii. Each competitor shall be credited with the best of all their jumps, subject to the conditions relating to ties.

Note

Judges should ensure, before starting the competition, that the underside and front of the cross-bar are distinguishable and that the cross-bar is always replaced with the same surface uppermost and the same surface to the front.

High Jump Bar Sag and Positioning

Note

At all events from club to State Championships high jump bags/landing area must be bound together by a one-piece fabric fitted cover that binds the mats together into a single unified landing surface.



3.2.5 Countbacks

The following example illustrates the rule on countbacks.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Position
A	a	x0	0	x0	-	xx0	xxx	4	2=
B	0	0	0	x-	x0	xx0	xxx	4	2=
C	0	0	x-	0	xx0	xx0	xxx	5	4
D	0	-	-	xx0	xx0	x0	xxx	5	1

0 = Cleared

X = Failed

- = Did not jump

a = Absent

- i. A, B, C and D all cleared 1.92m and failed at 1.94m.
- ii. The rule regarding ties comes into operation, as "D" cleared 1.92m on the 2nd attempt, the others taking 3, "D" is declared the winner.
- iii. The other 3 will tie and the Judges add up the total number of failures, up to and including the height last cleared, ie. 1.92m.
- iv. "C" has more failures than "A" or "B", and is therefore awarded 4th place. "A" and "B" share 2nd place, as there is no jump-off for placings in Little Athletics.

3.2.6 Officials

- i. A minimum of 4 officials is required.
- ii. Official A (normally the Chief Judge) will:
 - a. Rule on the validity of the trial and indicate a fair jump with a white flag and a foul jump with a red flag.
 - b. Measure the bar as it is raised and announce the new height to the competitors.
- iii. Officials B and C will:
 - a. Stand well away from the uprights during trials to avoid distracting the competitors, but in line with the plane of the uprights.
 - b. Replace the bar as required.
- iv. Official D will:
 - a. Call up the competitors and record the results. In marking the sheet a jump is recorded thus:
 - A clear jump shall be indicated as an 'O'.
 - A failure shall be indicated as an 'X'.
 - A jump not taken (pass) shall be indicated as a '-'.
 - b. All attempts must be recorded.
 - c. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. **This is quite wrong, and there is no rule to this effect.**
- vi. Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the cross-bar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to an athlete making an attempt, the cross-bar may be steadied by an official up to the last possible moment.

3.2.7 Increments

At Little Athletics NSW Championships, the bar will be raised by 5cm increments for the first three rounds of competition. After completion of the first three rounds of competition, the bar will be raised by 5cm increments until there are 6 or fewer competitors remaining and increments of 2cm thereafter until only 1 competitor remains.

3.2.8 Measuring of Run-In

- i. Competitors may use the runway to gain their desired starting point before competition begins.
- ii. Once the competition starts, competitors may re-measure their run-in but the Chief Judge must first grant permission. This further re-measurement must be done in the allocated time for the competitor's time for the trial. The competitor may touch or grip the upright or bar, but should the bar be dislodged, a failure must be recorded for that trial.

4. Field Referee(s)

4.1 Appointment & Duties

- i. Separate Referees shall be appointed for jumps and throws and for events outside the stadium.
- ii. It shall be the responsibility of a Referee to:
 - a. Ensure that the field officials prepare and set up their respective areas and have them ready for inspection by the Referee a minimum of 15 minutes prior to the commencement of the first event of the day.
 - b. Supervise the set up and verification of the check measurement prior to and at the conclusion of each event when an EDM is used.
 - c. Ensure that the rules are observed and explained to the competitors.
 - d. Decide any technical points that arise during the Carnival, including those not covered by the rules
 - e. Ensure the Chief Judges correctly supervise the measurement of performances.
 - f. Upon completion of each event check and sign the final result sheet and immediately hand to the Recording Area.
 - g. Deal with any disputed points.
 - h. Verify that records have been correctly measured and verify High Jump record attempts are measured prior to trials being taken.
- iii. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition. They shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct.
- iv. If in the opinion of the Referee circumstances arise at any Carnival so that justice demands that any event should be contested again, the Referee shall have the power to declare the event void and such event shall be held again, either on the same day or on some future occasion.
- v. If for any reason a competitor is hampered in a trial in a field event, the Referee shall have the power to award that competitor a substitute trial.

Note

- It is desirable that Referees visit the ground prior to the meet.
- They should check the landing areas, runways, takeoff areas, circles and boards, making sure that everything is in order throughout the competition.
- During the Carnival they should move around checking measurements, observing the way officials are carrying out their duties, speeding up things where officials and/or competitors are unnecessarily slow.
- They must be familiar with the current rules of competition.