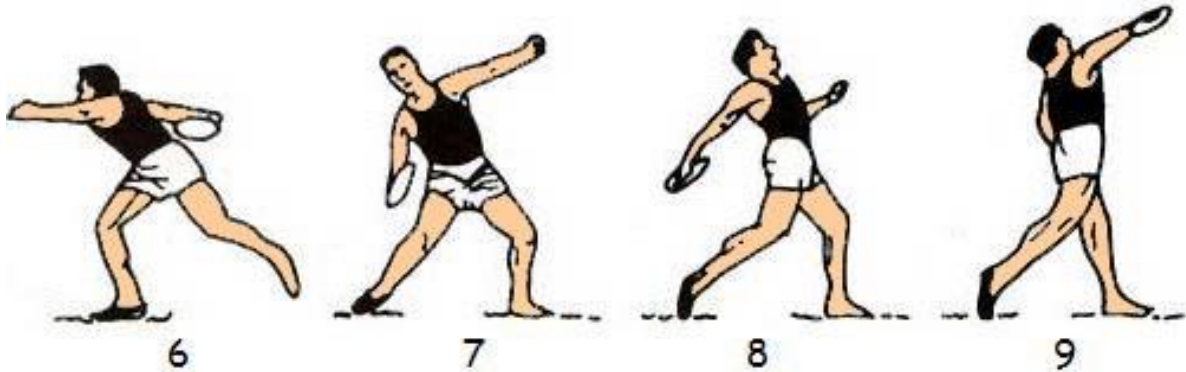


DISCUS

What Happens During an Athlete's Trial?

- A discus can be thrown anyway – even underarm (recommended for younger athletes)
- An athlete may enter the circle from any direction
- A marker may be used
- The trial must be commenced from a stationary position inside the circle
- Each athlete is entitled to 3 trials
- 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
- 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



When Is a Foul Recorded?

- If the athlete leaves the circle before the discus has landed
- Once an athlete takes up the stance to commence the trial, it is a foul if any part of the body touches the ground outside the circle or the top of the ring.
Note: It, however, will not be considered a failure if the touch happens during the rotation, behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.
- It is not a foul if an athlete drops an implement and it does not touch the ground outside the throwing circle
- If the discus falls so that the point of impact is on or outside the sector line
- If the athlete does not exit from the rear half of the circle
- If the athlete takes longer than 30 seconds to commence his trial

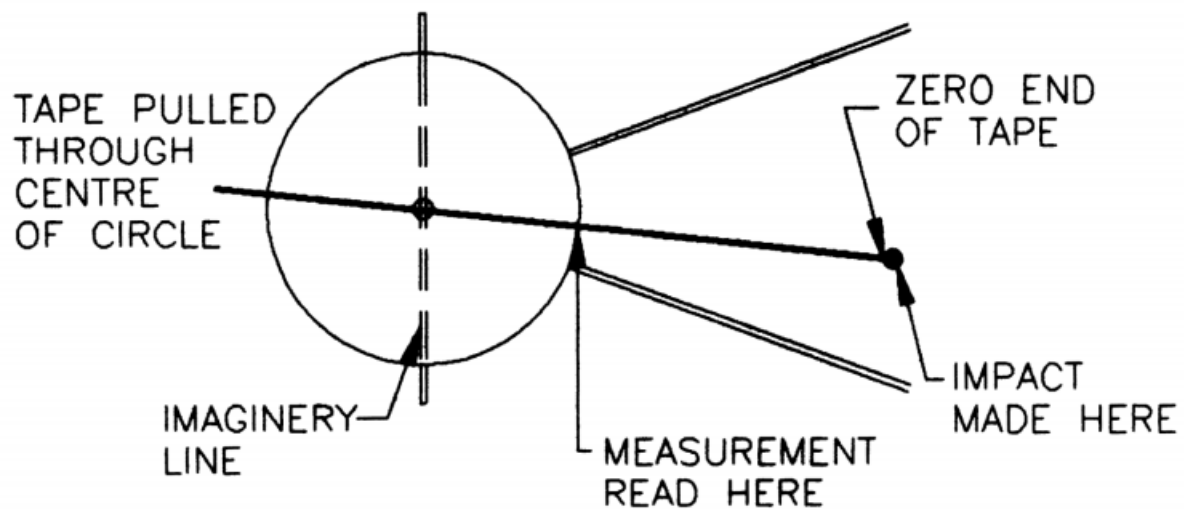
Discus Weights

- The discus weights for each age group are:
 - **350g** U6, 7 Boys & Girls
 - **500g** U8, 9, 10, 11 Boys & Girls
 - **750g** U12, 13 Boys & Girls
 - **1kg** 14, 15 & 16 Boys & U14, 15, 16 & 17 Girls
 - **1.5kg** U17 Boys

How Is a Throw Measured?

- The imprint mark made by the discus on landing closest to the circle is selected
- 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 directly back through the centre of the circle (there should be a mark)
- Each measurement is to the nearest centimetre 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.

HOW TO MEASURE THE THROW



How is a Throw Recorded?

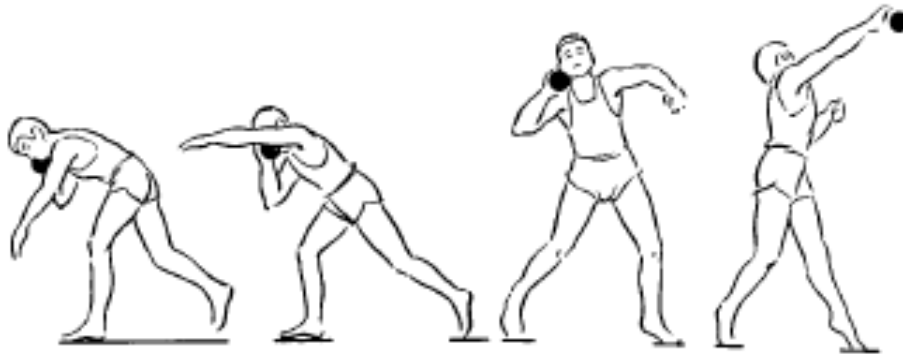
- Best performances should be circled or highlighted.
- It is acceptable to mark the Trial 1 then move it for subsequent Trails and only then measure the furthest Trial
- If athlete does not record a successful throw, record as NM (No Mark)

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	11.33	X	11.56	11.56
Joe Smith	15.21	15.07	15.20	15.21
Gracie Smith	14.89	15.15	X	15.15
Rose Smith	15.11	15.02	15.13	15.13
Mark Smith	X	14.56	14.52	14.56
Susie Smith	X	X	X	NM

SHOT PUT

What Happens During an Athlete's Trial?

- The trial must be commenced from a stationary position inside 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.
- It 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.
- An athlete may enter the circle from any direction.
- Each athlete is entitled to 3 trials.
- 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.
- 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.



Step Back

When is a Foul Recorded?

- If the athlete leaves the circle before the shot has landed.
- If the athlete's hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete touches the top of the circle, the top of the stop 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 circle.)
- If the shot falls so that the point of impact is on or outside the sector line.
- If the athlete does not exit from the rear half of the circle.
- If the athlete takes longer than 30 seconds to commence his trial.

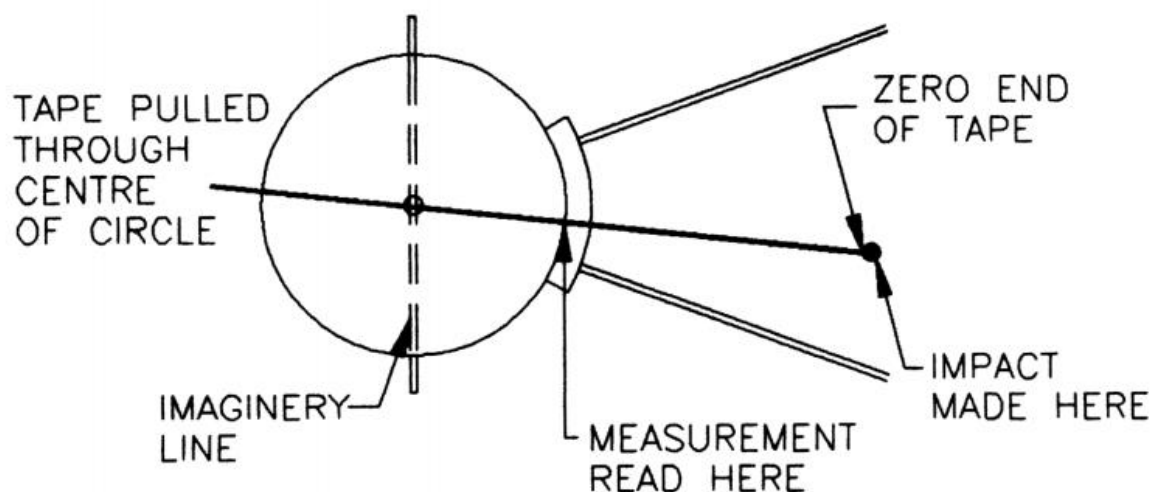
Shot Weights

- The shot weights for each age group are:
 - **1kg** (Blue) U6, 7 Boys & Girls
 - **1.5kg** (Yellow) U8 Boys & Girls
 - **2kg** (Orange) U9, 10, 11, 12 Boys & Girls
 - **3kg** (White) U13, 14 Boys & U13, 14, 15, 16, 17 Girls
 - **4kg** (Red) 15, 16 Boys
 - **5kg** (Green) U17 Boys

How is a Trial Measured?

- The imprint mark made by the discus on landing closest to the circle is selected.
- 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 centimetre below the distance put unless the reading is a whole centimetre.

HOW TO MEASURE THE THROW



How is a Throw Recorded?

- Best performances should be circled or highlighted.
- It is acceptable to mark the Trial 1 then move it for subsequent Trials and only then measure the furthest Trial
- If athlete does not record a successful throw, record as NM

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	4.33	X	4.56	4.56
Joe Smith	5.21	5.07	5.20	5.21
Gracie Smith	4.89	5.15	X	5.15
Rose Smith	5.11	5.02	5.13	5.13
Mark Smith	X	4.56	4.52	4.56
Susie Smith	X	X	X	NM

JAVELIN / VORTEX

What Happens During an Athlete's Trial?

- The javelin must be held at the grip
- It should be thrown over the shoulder or upper part of the throwing arm
- It must never be slung or hurled
- Each athlete is entitled to 3 trials
- Allow athletes a practice throw(s) to check their run-up if possible
- 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

THE AMERICAN GRIP

The thumb and the first two joints of the index finger are behind the cord.



THE FINNISH GRIP

The thumb and the first two joints of the index finger are behind the cord, while the index finger supports the shaft. The extended finger assists the rotation of the javelin during delivery.

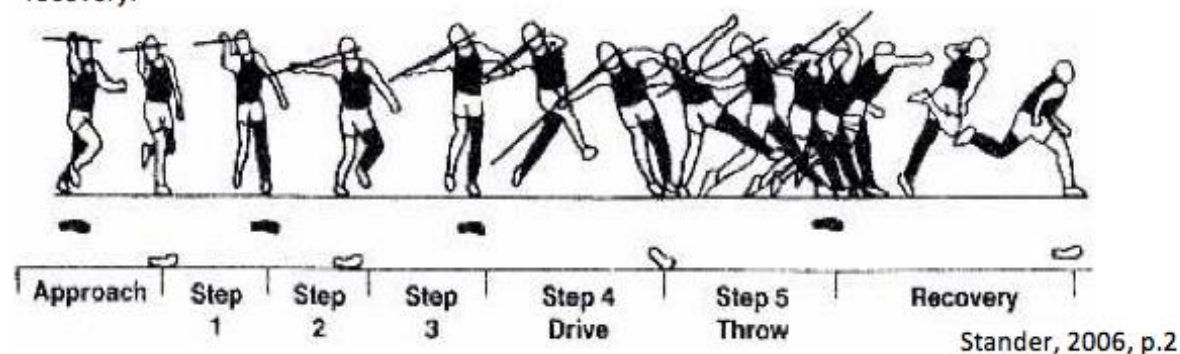


THE "V"- GRIP

The javelin is held between the index and middle fingers behind the cord. The position of the fingers assists the throwing arm in staying at shoulder height during the approach.



The javelin technique sequence comprises of 4 phases: An approach, a 5-step rhythm, throw and recovery.



When Is A Foul Recorded?

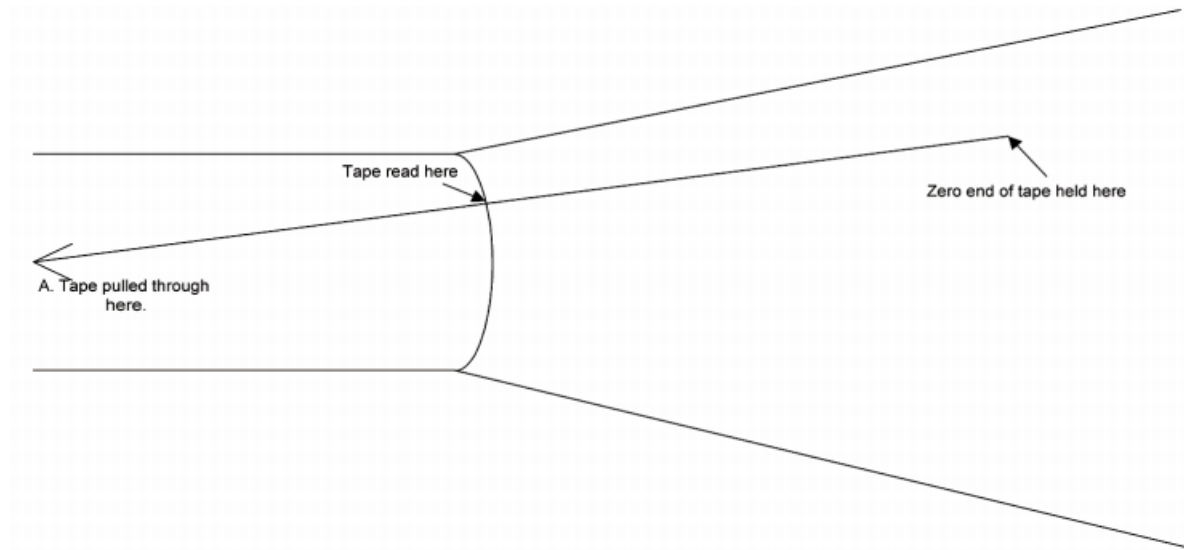
- Non-orthodox styles are not permitted.
- If an athlete turns completely around, so that their back is toward the throwing arc during the throw, until the javelin has been launched into the air
- If the tip of the metal head does not strike the ground before any other part of the javelin
- If the athlete leaves the runway before the javelin has impacted the ground.
- If the athlete when leaving the runway leaves forward of the throwing arc or extensions
- If the athlete after starting their throw, touches with any part of their body the lines marking the runway
- If the javelin lands on or outside the sector lines
- If the athlete takes longer than 30 seconds to commence their throw

Javelin Weights

- Weights for each age group are
 - **Vortex** U6 - U10 Boys & Girls
 - **400g** U11, U12 Boys & U11, 12, 13, 14 Girls
 - **500g** U15, 16, 17 Girls
 - **600g** U13, 14 Boys
 - **700g** U15, 16, 17 Boys

How is a Trial Measured?

- 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 (8 metres from the arc)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre



How is a Throw Recorded?

- Best performances should be circled or highlighted.
- It is acceptable to mark the Trial 1 then move it for subsequent Trials and only then measure the furthest Trial
- If athlete does not record a successful throw, record as NM (No Mark)

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	24.33	X	24.56	24.56
Joe Smith	25.21	25.07	25.20	25.21
Gracie Smith	24.89	25.15	X	25.15
Rose Smith	25.11	25.02	25.13	25.13
Mark Smith	X	24.56	24.52	24.56
Susie Smith	X	X	X	NM

HIGH JUMP

Guidelines for Conducting the Event

The following points for conducting the High Jump are to ensure that each athlete can attempt at least 3 heights and potentially achieve a personal best. They also help to minimise the time to conduct and athletes standing and waiting.



- The setting of the starting is to be varied at each competition by at least 1cm increments. For example, the starting height in week 1 is 50cm for under 8's, then in the second week the starting height is set at 51cm, and then in third week the starting height is 52cm.
- Taking point 1 into consideration, the bar is to be set at no more than 10cm below the athlete with the lowest personal best (these are displayed alongside the athlete's name on the recorders sheet). (Note: The setting at 9cm below will hopefully provide the 1cm increment each competition).
- The bar is to be raised in 5cm increments until 6 or fewer athletes remain. The bar will then go up by 3cm increments till 3 or less competitors, at which point it will then go up by 2cm increments for the remainder of the competition.
- Athletes are only to join the competition once the bar has reached a height no lower than 10cm below their personal best.
- Athletes are to attempt no more than 10 heights.

General Rules

- An athlete may approach the bar from any angle
- An athlete must take off from one foot only
- Prior to the competition the Chief Judge will announce the starting height and subsequent heights the bar will be raised
- The bar cannot be lowered
- An athlete may commence jumping at any height previously announced
- Three consecutive failures regardless of the height will eliminate the athlete
- A failure results:
 - When, after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
 - If an athlete fails to commence an attempt within 30 seconds of their name being called
 - If an athlete touches the ground or equipment i.e. mat; cross bar including the landing area beyond the plane of the uprights, either between or outside the uprights with any part of their body without first clearing the bar

Note: If an athlete, when they jump, touches the landing area with their foot, and in the opinion of the Judge no advantage is gained, the jump will not be considered a failure

- If the bar falls after an athlete has landed and left the mat, it may still be counted as a failure. It is the decision of the Chief Judge as to whether contact by the athlete or some other factor e.g. wind has been made
- An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced within 30 seconds
- The final athlete may continue to jump at height rises agreed with the Chief Judge or Referee until the athlete has 3 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
- *Athletes in the U8 to U10 age groups may only jump using the scissors technique.*
- To be a valid scissors jump:
 - The athlete must take off from one foot, clear the bar in a vertical position and the first contact made on the landing area must be made by one or two feet.
 - The head of the athlete must not go over the bar before the leading foot (the foot closest to the bar at take-off)
 - The head of the athlete must not be below the buttocks when the buttocks clear the bar
 - The athlete may land in a standing or sitting position

Measuring the Crossbar Height

- Measurements are taken using the built-in measurement tapes in the high jump posts. The measurement takes into consideration the width of the crossbar.
- For Centre Best Performances, measurements are taken with the measuring stick from the top of the middle or lowest point of the cross bar
- The height of the cross bar at the uprights is also taken to ensure that the bar is level
- Knowing the difference i.e. “the sag” of the bar is useful when raising the bar as the height at the uprights will be higher than in the middle

Recording

O : indicates a clearance or valid jump

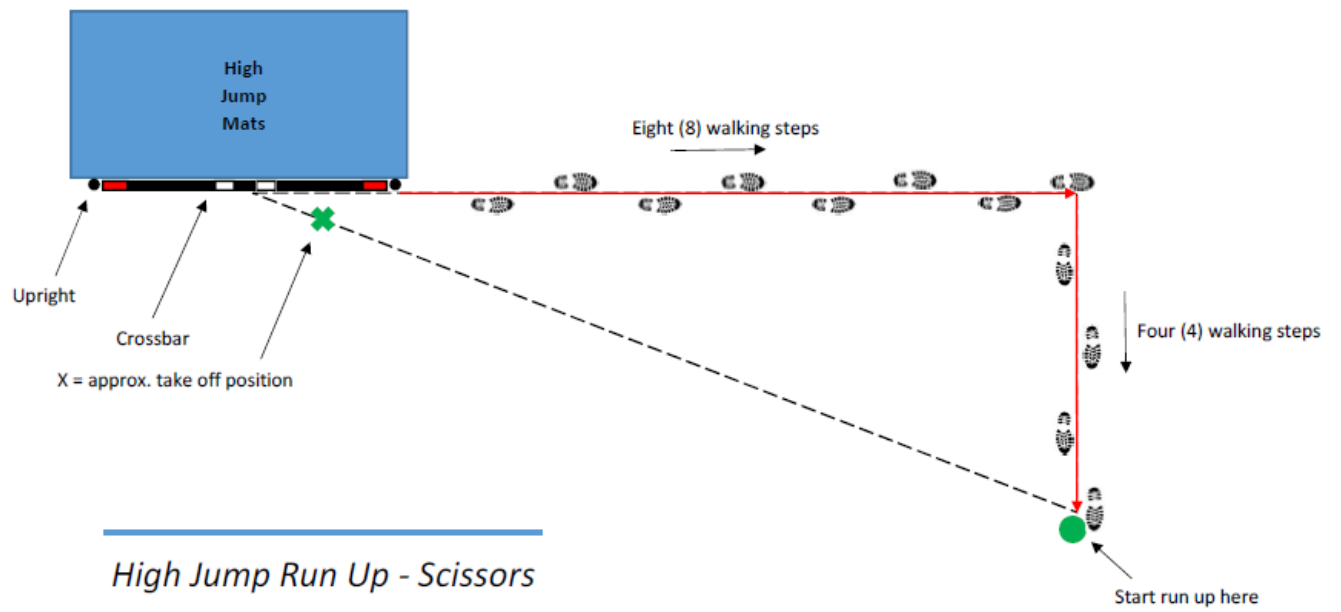
X : indicates a failure

- : indicates a pass or did not attempt at that height

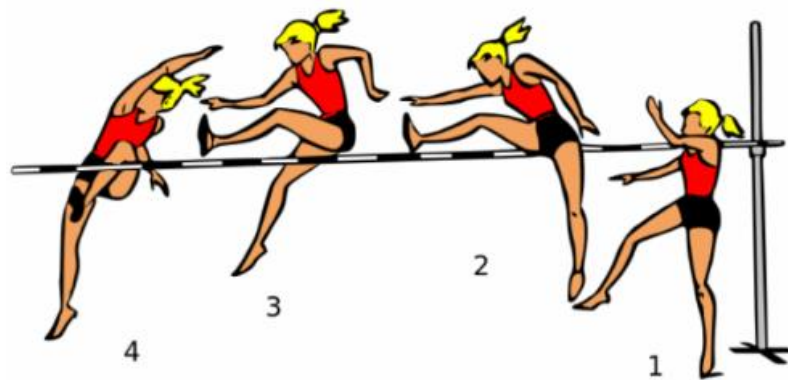
- If athlete does not record a successful jump, record as COMP

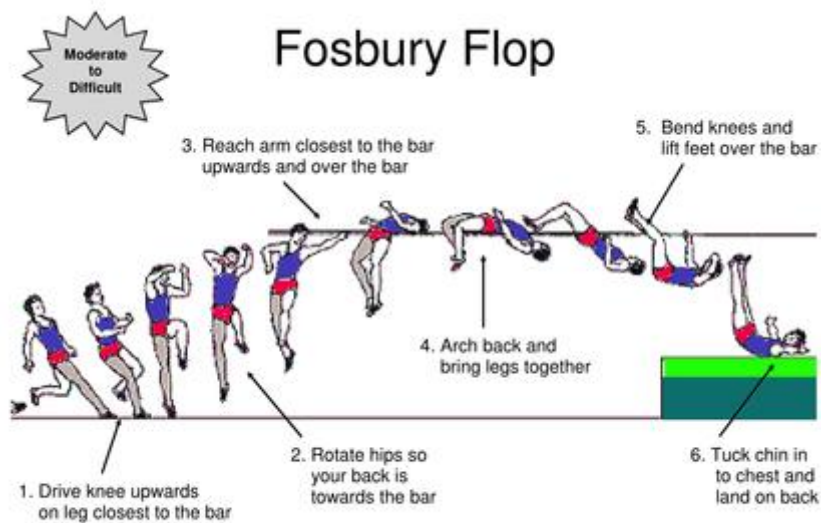
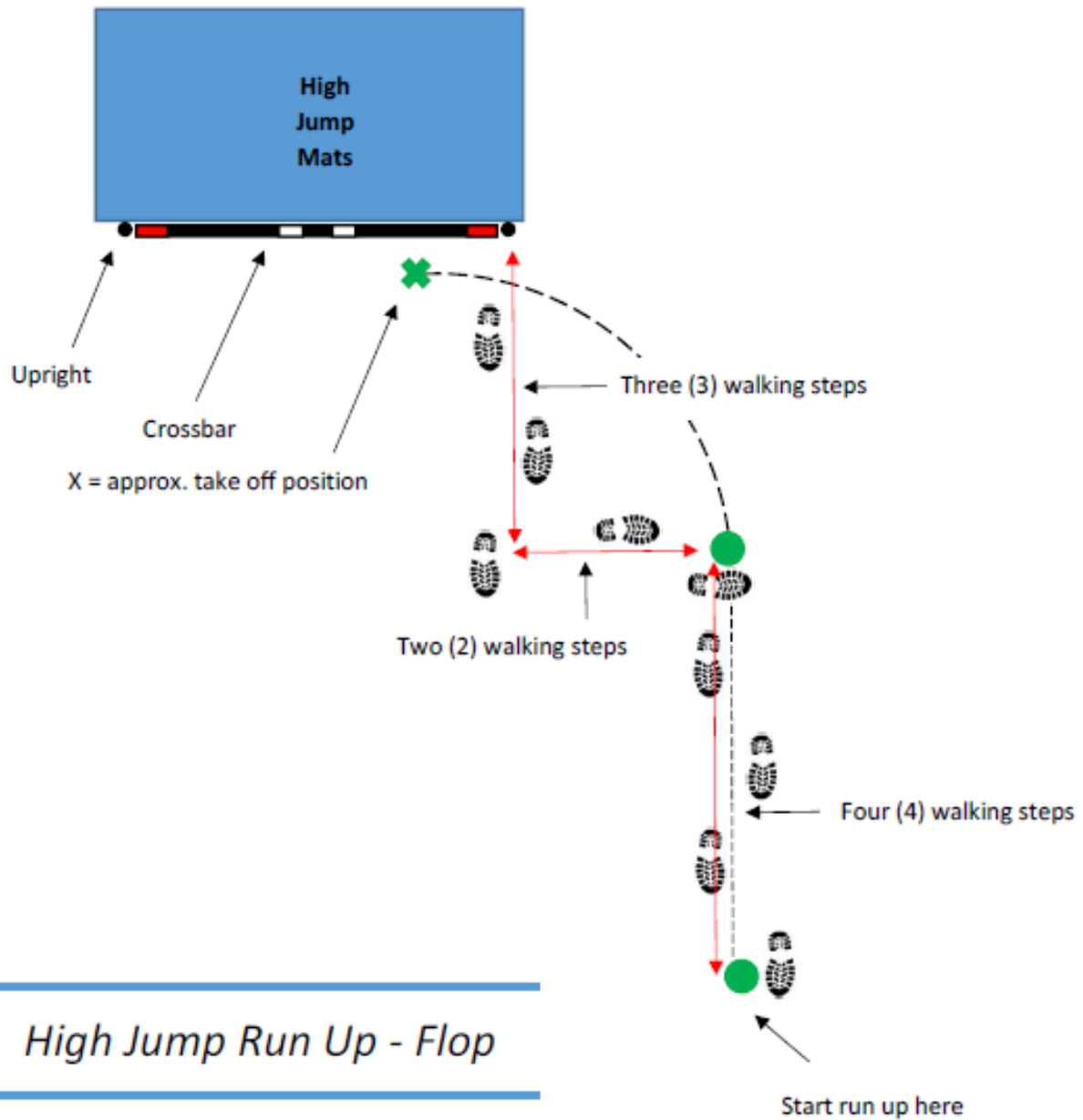
Note: Before commencing, manually enter the jumping order alongside the Competitors name.

	Competitor	0.80	0.85	0.90	0.95	1.05	1.08	1.10	1.12
4	Joe Smith 1.05	-	-	-	O	O	O	XXO	XXX
1	Grace Smith 0.90	O	O	O	XXO	XXX			
2	Meg Smith 0.90	O	O	O	XXX				
5	Mike Smith 1.05	-	-	O	XXO	O	XXX		
3	Nina Smith 1.05	-	-	-	XO	O	XXX		
6	Riley Smith 1.06	-	-	-	O	XO	XO	XXX	



High Jump Run Up - Scissors

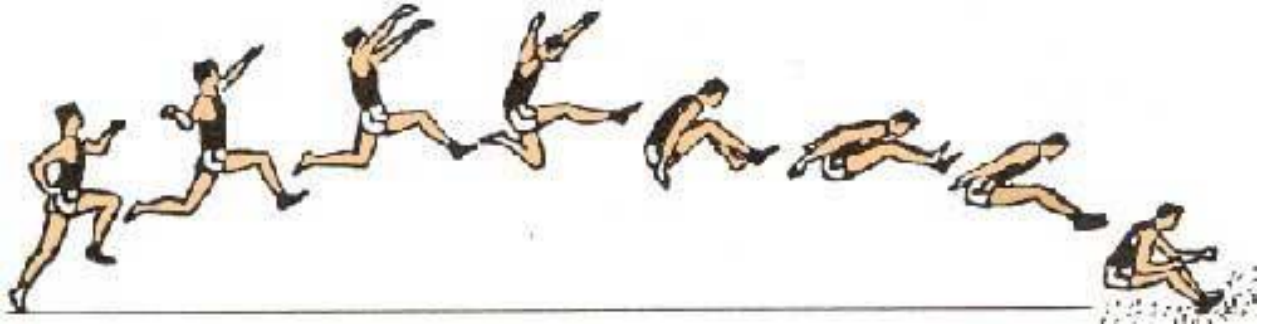




LONG JUMP

What Happens During an Athlete's Trial?

- Each athlete is entitled to 3 trials (we recommend doing 1 practice jump prior to commencing competition)
- Each athlete must place take-off foot on or before the take-off area nearer to the landing area.
- Markers may be placed alongside the runway – not on it
- Markers are not permitted in the landing area/pit



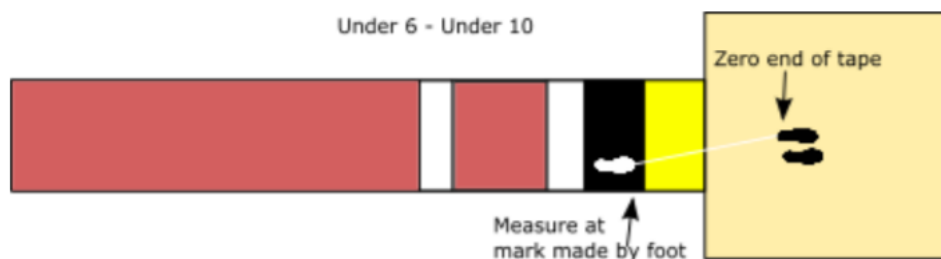
When is a Foul Recorded?

- If any part of foot is beyond the front edge or if the entire foot is outside either end of 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.
- If after completing the jump an athlete walks back through the landing area towards the take-off area
- 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
- If any sort of somersault is used
- If an athlete takes longer than 30 seconds to begin a jump

How is the Jump Measured?

Little Athletics U6-U10

- The official selects the first break (imprint) made in the sand by the athlete's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand, in a perpendicular line, to the back edge of the take-off area
- The tape is straightened and laid over and in contact with imprint made by take-off foot in the take-off area or back of take-off area as applicable



All others

- The official selects the first break (imprint) made in the sand by the athlete's foot, hand or whichever is closest to the front edge of the take-off board
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the front edge of the take-off board
- The measurement is taken perpendicular to the take-off line or its extension, i.e. straight back from the imprint in the sand
- 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 and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre
- The athlete who has the longest measured distance from all jumps recorded is the winner

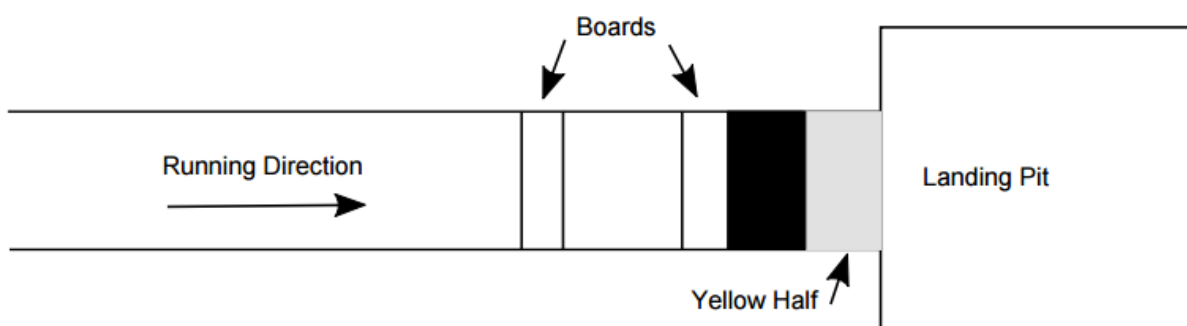
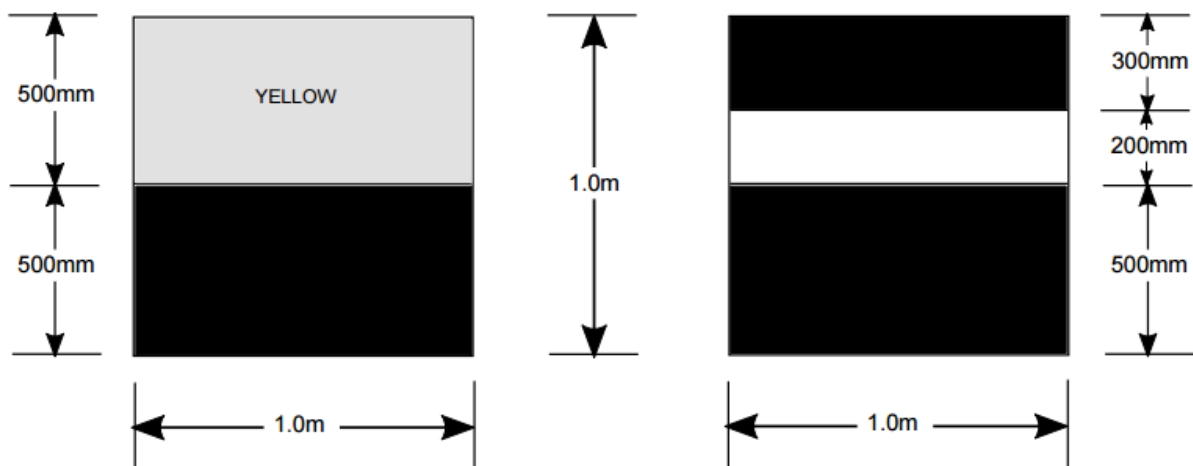
How is a Jump Recorded?

- Best performances should be circled or highlighted
- If athlete does not record a successful jump, record as NM (No Mark)

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	4.33	-	4.56	4.56
Rose Smith	5.11	5.02	5.13	5.13
Mark Smith	-	-	-	NM

Take-off Mat Sizes

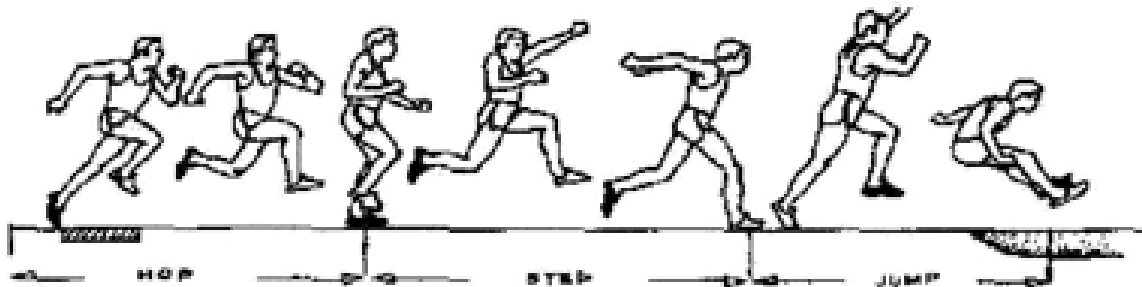
- U6 to U10 age groups take off from the 1m x 0.5m mat, set 0.5m back from the inside edge of the pit (width of yellow section)
- U11 to U17 age groups take off from the board. The foul line of the board is set one or two metres from the inside edge of the pit



TRIPLE JUMP

What Happens During an Athlete's Trial?

- Each athlete is entitled to 3 trials (we recommend 1 practice jump prior to commencing competition)
- Each athlete must place their take-off foot on or before the take-off area nearer to the landing area
- Each athlete must take-off from one foot
- Each athlete is permitted two markers which are placed alongside the runway – not on it
- Markers are not permitted in the landing area/pit
- It is the athletes' responsibility to ensure the take-off mat position for them is correct to enable a safe jump into the pit.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes

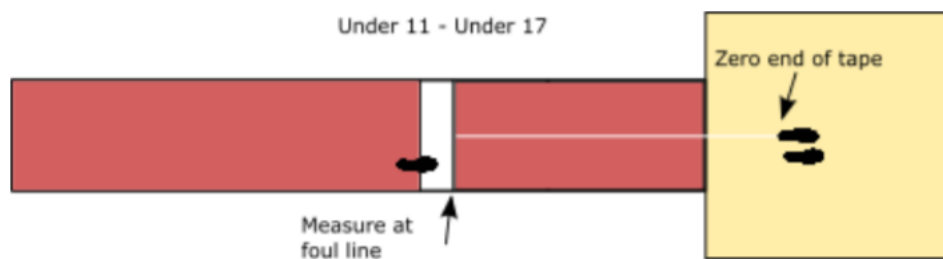


When Is A Foul Recorded?

- The triple jump consists of a hop, step and jump. It must comply with the following definition:
"The hop shall be made so that the competitor lands first upon the same foot as that from which he/she has taken off; in the step he/she shall land on the other foot from which the jump is performed."
- If any part of foot is beyond the front edge or if the entire foot is outside either end of 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
- If after completing the jump an athlete walks back through the landing area towards the take-off area
- 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
 - The trailing leg is allowed to make contact with the ground during the trial without penalty
 - An athlete may change the position of their take off; they must however inform the Recorder first
- The jump must land in the pit, landing on the runway is a foul
- For safety reasons, a warning will be given to any athlete who lands less than 50cm into the pit. It will be recommended that the athlete change the take-off board. If the athlete continues to land less than 50cm into the pit after the warning, the jump will be considered a foul

How is the Jump Measured?

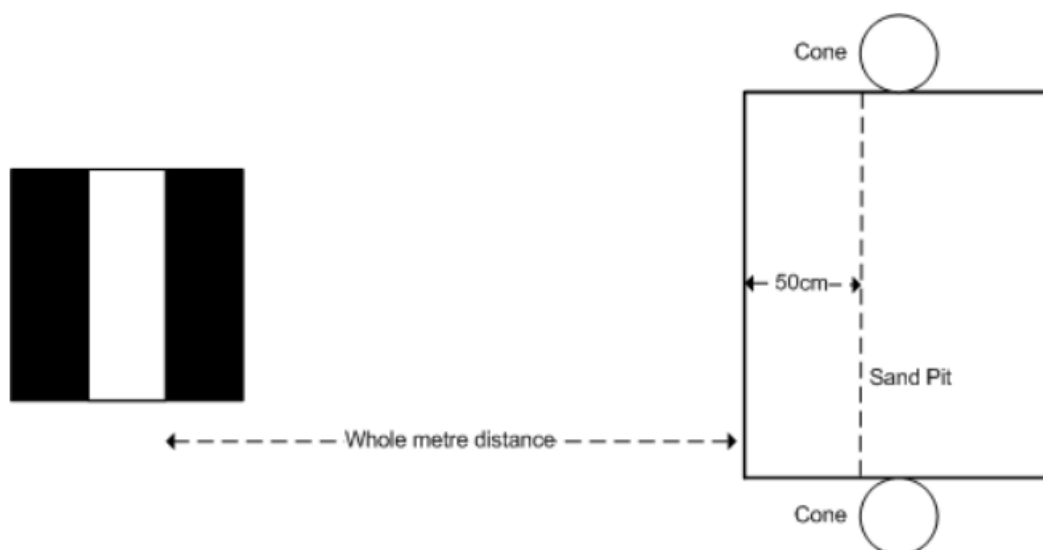
- All jumps shall be measured from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended
- The measurement shall be taken perpendicular to the take-off line or its extension
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the front edge of the take-off board
- 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 and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre
- The athlete who has the longest measured distance from all jumps recorded is the winner



How is the Jump Recorded?

- Best performances should be circled or highlighted
- If athlete does not record a successful jump, record as NM (No Mark)

Competitor	Trial 1	Trial 2	Trial 3	Best
John Smith	9.33	-	9.56	9.56
Rose Smith	12.11	12.02	12.13	12.13
Mark Smith	-	8.56	8.52	8.56
Susie Smith	-	-	-	NM



HURDLES

What are the 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

When can an Athlete be disqualified in Hurdles?

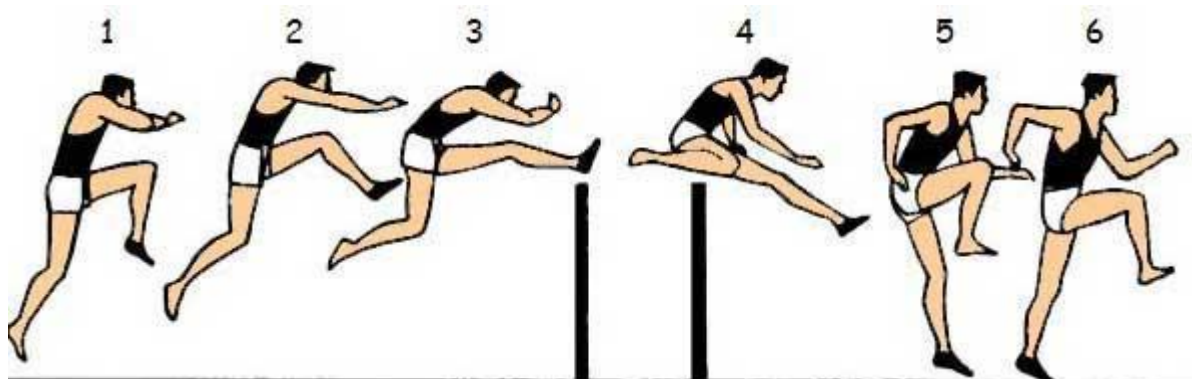
- If in the opinion of the Track Referee, an athlete deliberately knocks down a hurdle by hand or foot
- If an athlete interferes or impedes another athlete's performance
- If an athlete goes under or around a hurdle
- If an athlete trails their foot around the side of a hurdle
- If an athlete jumps a hurdle not in their own lane

What are some of the Safety Considerations?

- Make sure ALL hurdles are facing the correct direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete
- All the legs of the hurdles should be facing the direction from which the athlete runs
- Never allow the athletes to jump hurdles from the wrong direction

What are the Hurdle Heights and Distances?

Age Group	Distance	No of Flights	Height	Distance to 1 st Hurdle	Spacing Between	Last Hurdle to Finish Line
U7-U9	60m	6	45cm	12m	7m	13m
U10&U11	60m	6	60cm	12m	7m	13m
U12	60m	6	68cm	12m	7m	13m
U13, U14G	80m	9	76cm	12m	7m	12m
U14B, U15-17G	90m	9	76cm	13m	8m	13m
U15-17B	100m	10	76cm	13m	8.5m	10.5m
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15-17	300m	7	76cm	50m	35m	40m



RACE WALKING

What are the 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
- A Yellow Paddle is given when an athlete is “close” to breaking the rules
- A Red Card is issued when an athlete has “broken” the rules

How are Yellow Paddles or Red Cards Given?

- A Walk Judge may Yellow Paddle an athlete twice, once for Contact and once for Knees. However they cannot issue 2 for Knees or 2 for Contact
- Yellow Paddles do not count towards disqualification
- Each Walk Judge can only Red Card the same athlete once
- Communication either verbal or non-verbal is dependent upon the age level and competition

Little Athletics

- Up to and including U12 athletes receive Verbal Reports at the time of detection of the actual infringement. **Note:** All remarks should be loud and clear and always in the form (e.g. Red Card No. 6 contact or knees)
- U13-U16 age groups receive Non- Verbal Reports. The Reports for these age groups are silent and the athlete is not aware of them – Red Cards

Where Do You Stand On The Track?

- Judges are spread around the track to ensure the whole track is covered
- Judge from Lane 5-7 to ensure a clear view of the athletes in your zone
- It is best to view an athlete from side on, not from behind

What Does a Good Judge Not Do?

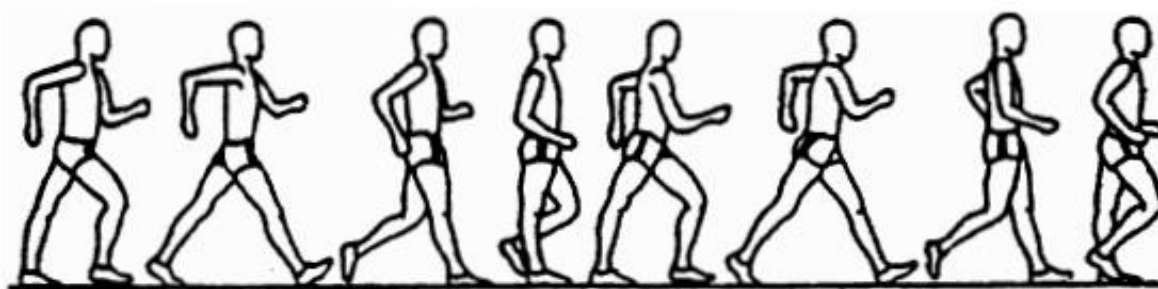
- Believe that the proof of a good Judge lies in how many Red Cards given. A good Judge can assist more competitors to finish by the judicious use of a Yellow Paddle before an infringement of the rules take place
- Pre-judge a competitor for what they might have done in a previous event
- Be influenced by outside opinions. A Judge is in control of their section of the course or track, so must make their own decisions
- Avoid getting into conversations during the race with other Judges or spectators
- Take an active interest in the positions or placings of any of the competitors
- Judge by lying or crouching on the track or road
- Hide from the athletes in a road race. It is unethical and distracting to the athlete to ‘hop’ out from behind a fence, bush, car etc.

Who Can Disqualify?

- The Chief Walk Judge is the ONLY Judge who informs the athlete of their disqualification
- Three Red cards to one athlete is required for disqualification

At the End of the Event

- Each Walk Judge must hand in their Judge’s Tally Sheet to the Chief Walk Judge as soon as the event has finished



Correct technique



Loss of contact



Bent knee

Yellow Cards



Knees



Contact