



**TRACK:
PROTOCOLS
ROLES & RESPONSIBILITIES
SAFETY**

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OFFICIATING PHILOSOPHY

The aim and responsibility of every official should be to ensure that each athlete is given every possible opportunity to achieve their best performance in a safe and fair competition in accordance with competition rules.

QUALITIES OF A GOOD OFFICIAL

- To understand that they are there to assist all athletes and to treat them all equally and fairly
- To ensure the safety of athletes, officials, and other persons on the Field of Play
- An up to date knowledge of the IAAF and WPA rules and requirements of the competition
- An awareness of where the events fit into the program, (i.e. be aware of the total picture) and act accordingly
- The ability to maintain concentration for long periods in all conditions
- A firm but friendly approach to all persons
- Common sense, tact and understanding, as well as listening with compassion and empathy
- Well organised and in possession of all required equipment
- Neat and tidy and arrive on time
- Proactive rather than reactive
- Able to react quickly and to help to ensure that the competition runs to time
- Able to relax and enjoy the experience and to encourage others to do likewise
- Provide advice to athletes when asked questions but not engage in coaching whilst officiating

TRACK EVENTS

INTRODUCTION

This document describes the protocols, roles and responsibilities of the various track officials and safety issues associated with the roles.

As track officials we are appointed to ensure that:

- The competition is conducted within the IAAF/WPA rules of competition in an impartial and unbiased manner;
- Events are conducted at the scheduled times;
- The safety of all concerned is paramount;
- We enjoy ourselves and are willing to learn from and share our experiences in a friendly environment.

PROTOCOLS

Pre-competition

All Track Officials must report to the Assistant Manager (Officials) on arrival at the Stadium.

Presentation is important and officials will comply with the standards as set out in the bulletin issued prior to the competition. As a minimum, this means that the correct uniform should be worn at all times and personal attire (such as shoes) should not conflict with sponsor insignia.

Umpires will obtain their umpire's folder from their Assistant Chief Umpire. This will contain vital information such as track layouts and Track Umpire's positions, the competition program, Umpire's Roster (usually in tabular format), Umpire's Report Forms, and any briefing notes deemed relevant to the competition. It is recommended that Track Umpires use a hi-lighter to mark their track positions on the roster to avoid confusion.

All Track Officials will be in attendance for the meeting conducted by the Competition Director.

Track Team Meetings

Members of the track team (Referees, Umpires, Chief Track Judge and Manual Timekeeper) will meet at a time designated by the Chief Umpire before each day of competition to discuss rosters, timetable changes, protocols and receive feedback and information on various aspects of the previous day's competition if it is warranted. It is also an opportunity for all members of the track team to ask questions, seek clarification, etc.

These meetings are compulsory. They make for a better track team by building camaraderie amongst all track officials while providing an important forum for the exchange of ideas.

Movement of Track Umpires onto and from the Track

Track Umpires and Assistant Chief Umpires will assemble at a designated area **20 minutes prior to the scheduled start time of their event**. The assembly area will be designated by the Competition Director at each meet.

For all events, Track Officials must be in position on the track at least **10 minutes prior to the start of the event**. **It is important to note that the track diagrams indicate an approximate position only. Umpires should move to a position within their designated area where they have the best view.**

The Referee, Assistant Referee(s), Chief Umpire, Chief Track Judge, Manual Timekeeper and (where required) lap scorers, lap board operator and lap board counter will move to their positions around the finish line after the remainder of the officials are in place. The Assistant Referee(s) may then move to strategic track positions around the track as directed by the Track Referee.

NOTE: Different venues will have different entry or exit points. Your Chief Umpire will advise the umpiring team of the suitable protocol for entering and exiting the competition area at the beginning of the competition.

Track Umpires and Assistant Chief Umpires will move out in a single file to the edge of the track in the correct order and carrying their umpire folder with the white side showing and any personal items in the hand facing the inside of the track. Umpires who have the furthest to travel will be at the front. The group will move around the track in unison, stopping at their allotted position.

When all Umpires are in position they will sit on the direction of their Assistant Chief Umpire. Umpires will stand at the direction of their Assistant Chief Umpire, or at the end of the announcement of the event.

100M, 110M HURDLES

Umpires allocated to the outside of a flight of hurdles will position themselves at their allocated hurdle. Umpires allocated to hurdle positions 3, 5, 7 and 9 on the inside of the track will position themselves at their allocated hurdle. Umpires will move in two groups, one on the outside of the track and the other on the inside until they reach their allocated hurdle.

Before the start of the race - all umpires will stand together and take two steps beyond their flight of hurdles towards the finish line so as to clearly see the athletes as they attempt to clear the hurdles.

During the 100m and 110m hurdles, if a long throw is being contested, umpires sitting on the inside of the track, may turn their chairs around to watch and move should the implement be in danger of landing nearby.

200M, 400M HURDLES

Umpires allocated a flight of hurdles will position themselves together at their allocated hurdle. When the event is introduced umpires at each hurdle will position themselves so they have a clear view of the lanes allocated to them.

LEAVING THE TRACK

Those furthest from the exit point will move to the next Umpire who will join onto the back of the line as it passes by. The Umpires will then move in single file to join the next Umpire and so on. Officials situated at the Finish Line will follow, then the Referees.

UMPIRES ALLOCATED TO THE CUT IN/BREAKLINE FOR 800M AND RELAYS NOT RUN IN LANES

Umpires allocated to the position known as 10c/i should place the bottles/markers correctly on the breakline at the appropriate time for the event being run. In 800m wheelchair events the breakline should be designated by one large cone (or lollipop) on either side of the track.

After the runners have passed the breakline and for wheelchair athletes where the bottom of their rear wheel which is touching the ground for the first time and athletes have converged **in the 800m**, the Umpire allocated to this position should signal the **ALL CLEAR or otherwise** to the Assistant Chief or the Chief Umpire. They should then remove the first three inside bottles/markers from their lanes and place them with the fourth marker. For wheelchair races there are no bottles/markers placed on the track.

If there is an infringement at the breakline - signal the infringement first, remove the bottle/markers as above and then start writing the infringement report.

In 4 x 200m, 4 x 400m, Medley and Swedish Relays, bottles/markers should be placed at the appropriate time for the event and removed completely from the track when the competitors have passed the breakline. Infringements should be signalled before removing the bottles/markers and the report form completed after the bottles/markers have been removed.

If numbers permit and 2 umpires are allocated to the breakline, one umpire can remove the bottles while the other completes the report.

Umpiring General Protocols

- **Umpires need to be proactive in their actions. If you can foresee a problem, act on it;**
- **Umpires need to bring their own pens, pencil and spare paper (to write notes on);**
- Umpires will stand for events run wholly or partially in lanes (including 800m) and for the Relays;
- Umpires will stand at the direction of their Assistant Chief Umpire, or at the end of the announcement of the event. Umpires will sit after the last competitor in the event has crossed the finish line;
- For track events of 1500m and longer umpires will sit during the running of the event;
- Umpires allocated behind the start of the 100m or straight hurdles will stand behind the athletes until the race commences. Once the athletes have started the Umpires will safely move around the blocks by walking down the lane line and position themselves approximately three metres past the start line and remain there until they have signalled to their respective Assistant Chief Umpire. They will then move back behind the next group of athletes preparing to compete;
- Umpires allocated to Penalty Zone where there is a split start will assist in the setup of the area once the athletes have passed for the first time;
- Umpires may seek medical/ first aid assistance for an athlete in distress but **MUST NOT TOUCH** an athlete. Umpires should signal by waving their folder above their head from side to side – yellow side showing towards the finish line;
- During victory ceremonies/national anthems all Umpires will stand facing the flag poles with your hat/cap removed. These ceremonies will only take place at International events. The only time this protocol will not be followed is if you are involved in umpiring a continuing distance event while the presentation ceremony is being conducted. In this situation all umpires will stand for the duration of the presentation ceremony and then resume your seat at the end of it while at all times monitoring the event.

ROLES & RESPONSIBILITIES

Track Referee

Prior to competition:

- Checks competition site for security and safety of athletes;
- Ensures that all equipment and fittings are secure and functional;
- Reports any concerns to appropriate officials.

During competition:

- Shall ensure that the Rules (and Technical regulations) are observed and shall decide upon any matters which arise during the competition and for which provision has not been made in these Rules (or any Technical Regulations);
- Shall decide placings in a race when the Judges of the disputed place(s) are unable to arrive at a decision;
- Will not act as a Judge or Umpire but may take actions or make decisions based on his/her observations;
- Shall rule on any protest or objection regarding the conduct of the competition;
- May reconsider a decision on the basis of available evidence;
- Has the authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner;
- Shall have no jurisdiction over matters within the responsibility of the Chief Judge of walking events;
- Has the authority to declare the event void and decide whether it shall be held again;
- Advise the Competition Director if an event is “all clear” or that there is/are report(s);
- Decide on the suitability of having a split start for large entries in track events of 3000m or longer;
- Decide, with Competition Management, the placement of drink stations as required.

Chief Umpire

- Allocates umpires to teams under the Assistant Chief Umpires;
- Prepares the umpiring roster for the competition.
- Updates Umpires on information specific to the event;
- Liaises with Athletics Australia Administration for the production of the umpires folders;
- Acknowledges the signals received from Umpires/Assistant Chief Umpires for an event;
- Collects Umpire Report Forms from Umpires/Assistant Chief Umpires;
- Advises the Track Referee if an event is “all clear” or that there is/are report(s);
- Is responsible for dealing with Umpires who are “not performing” their duties;

Assistant Chief Umpire(s)

- Are Team Leaders to their allocated Umpires;
- Acknowledge the signals received from their Umpires and in turn signal the Chief Umpire;
- Help their Umpires with completion of Umpire Report Forms in a correct and timely manner.
- Assist umpire performance as required;
- Monitors well-being of umpires.

Chief Track Judge

The Chief Judge acts as:

- Chief Place Judge as per Rule 126;
- Chief Lapscorer/counter – ensuring that Rule 131 is complied with.

Note: It is worth keeping a record for all lap events as this can be used to assist the Track Referee in dealing with a protest. Ensure lap score sheets are delivered to Administration.

In addition, the chief track judge:

- Issues lap scoring sheets to allocated umpires;
- Keeps start lists;
- Takes note of reports;
- Keeps all paperwork in consultation with Track Referee ;
- Records Did Not Start (**DNS**) and Did Not Finish (**DNF**) information for each race;
- Provides information to Photo Finish:
 - Order of finishing in non-laned events if needed;
 - “Missing” hip numbers conveyed to photo finish via the Track Referee;
 - Unusual finishes conveyed to photo finish (e.g. 2 runners in same lane);
 - Collects data from Manual Timekeeper;
 - Assists if required with relay changes at finish line.

PROCESSES:

- Collect start sheets from Administration (approximately 10 minutes before race);
- Judge race;
- Check with Chief Umpire/Track Referee for reports;
 - If “Yes” take notes of report.
 - If “No” then:
 - ✓ Communicate with photo finish if required;
 - ✓ Collect data from Manual Timekeeper;
 - ✓ File papers.

Manual Timekeeper

Keep a manual record of all times as a backup to photo finish.

Umpires

ALL EVENTS

Umpires shall watch for infringements, in particular competitors who:

- Push, obstruct or jostle so as to impede progress of other competitors;
- Run out of lanes or on the inside line particularly around the curve;
- Run on inside of kerb or line;
- Break from lane before the breakline;
- Voluntarily leave the track;
- Receive other assistance or coaching.

Any infringements need to be reported immediately. Do not wait until the end of the race.

Umpires should:

- Watch athletes as they approach, pass and move away from their position;
- Pick up any rubbish that may blow onto the track;
- Report, if for any reason, the track is not ready for competition.

INCIDENTS

Umpires may notice incidents that do not constitute an infringement of the rules but nevertheless may impact on the race or cause a competitor to protest to the Track Referee. In these circumstances a written note of the details should be taken and retained in the umpire's folder.

The Umpire's Racing Incident Form should only be completed if the Track Referee requests information about the running of an event.

If the Track Referee receives a protest and has not received an infringement report on the race he/she may ask for information that Umpires have noted as racing incidents. These observation notes should be transferred to the **Umpire's Racing Incident Form**. The completed forms should then be given the Assistant Chief Umpire so they can be passed on to the Track Referee.

HURDLES

Umpires should:

- Place chairs in line with the hurdle you have been allotted;
- Watch for deliberate knocking down of hurdles with hand or foot;
- Watch that both legs go over the hurdle – report if either the trailing/leading (left/right) leg was below the horizontal plane of the hurdle at the instant of clearance;
- Watch for significant displacement of hurdles in another lane;
- Report if an athlete ran outside of the lane leading up to or after the hurdle (200m & 400m events);
- Watch for any interference.

Hurdle Hints for Track Umpires

While on the track, Umpires **may be** requested to assist with hurdle duties as follows:

- Assist "laying down" flight 3 and other requested hurdles for athlete warm-ups and in their repositioning if necessary;
- Assist in picking up and realigning hurdles knocked down during races.

If hurdle crews are available at an international meet, umpires, unless requested, should remain seated.

Correct Alignment

The approach face of the hurdle cross-bar should be in the same vertical plane as the approach edge of the colour mark on the track. Hence the base of the hurdle may or may not be actually on the mark for this alignment to occur.

The hurdle base should be within the lane lines, particularly flights 2, 3, 4 in sprint hurdles where curved lane lines intersect with straight-line flight across the track.

There should be one finger width of space between the cross-bars when hurdles are in a straight-line flight across the track.

Setting up and moving hurdles for sprint hurdles

Assuming that there are 10 complete sets of Hurdles

80m. 9 flights on their marks, 1 flight level near the 80m start line and 2 trolleys near the 3rd last hurdle flight (no 7).

Change to 90m. Third last flight placed on trolley and moved to near the 90m start line. Flight near the 80m start line moved on to their marks and all other flight move to their nearest mark (Flights 1, 8, 9 towards the start and Flight 3, 4, 5, and 6 towards the finish)

Change to 100m. Flight near the 90m start line moved on to their marks and all other flights move to their nearest mark (Flights 1,2,3 towards the start and Flight 5,6,7,8, and 9 towards the finish)

Change to 110m. Third last flight (Flight 8) placed on trolley and moved to become the first flight near the 100m start line. All other flight move to their nearest mark (Flights 1,9,10 towards the start and Flight 2, 3,4,5,6 and7 towards the finish)

If there are 11 complete sets of hurdles the 11th set is placed near the 100m start and the shift of the third last flight is not required.

Hurdle Removal and Stacking

Umpires **may be** requested to assist with a quick removal of hurdles prior to moving to their next position. Hurdles are stacked exactly one on top of another in groups of four facing the same direction as when on the track. When stacking, hurdles must be placed on the stack **ONLY** from the approach side of the hurdle.

Where technical officials and/or hurdles teams are provided there may be times when the hurdles are stacked directly onto trolleys.

STEEPLECHASE

- Stand **BEYOND** the steeple so as to clearly see the athletes as they attempt to clear the steeple or water jump;
- Watch to ensure athletes jump each steeple and water jump;
- Watch that both legs go over the steeple – the trailing leg or leading leg must not go below the horizontal plane of the steeple at the instant of clearance;
- Watch that the athletes clear the water jump correctly and not step on either side of the water jump;
- Check that cones are correctly placed for the entry and exit of the water jump;
- Watch that athletes do not run on the inside of the designated track while entering or exiting the water jump.

RELAYS

- Accept responsibility for athletes when they come from the call room;
- Ensure that athletes are correctly placed in lanes and are aware of take-over zones at their designated change;
- Supply tape to athletes at each change as required;
- Watch that outgoing competitors start their run within the take-over zone for that event;
- Watch that the batons are changed within the take-over zones—the baton position determines compliance;
- Watch that for wheelchair relays (T33-34, T51-52 and T53-54) and amputee relays (T42-47) that the incoming athlete touches any part of the body of the outgoing athlete within the take-over zone;
- Watch to ensure athletes are not wearing gloves or using a substance on their hands to get a better grip of the baton;
- Ensure that only one piece of tape (as supplied) is used by each outgoing runner and that the tape is placed wholly within the lane;
- If a baton is dropped watch:
 - That it is picked up by the competitor who dropped it;
 - That no other competitor's progress is impeded;
 - That after passing the baton, no competitor impedes the progress of another by leaving their lane;
 - That there is no shortening of the distance that the baton is to travel in the event;
- Show a white indicator (yellow, if infringement has occurred) immediately to the Assistant Chief or leader at the Change once all outgoing competitors have taken the baton. Due to the change in length of the changeover zone many teams will use a THUMBS UP (OK) signal or THUMBS DOWN (infringement noted). The leader of your team will advise what signalling is required. The Assistant Chief/Leader at the Change will then advise the Chief Umpire whether the change is CLEAR or whether an infringement has occurred;

- If there is an infringement **ALL** umpires who witnessed the infringement should **independently** fill out an infringement report form;
- Remove any tape from the track after each race and at the end of the relays.

IMPROPER CONDUCT

- Report improper conduct (Rule 145) on the appropriate Umpire infringement form. This also includes any warm-up or warm-down relevant to the event when an athlete has engaged in conduct that is considered to be insulting, improper or likely to bring the sport into disrepute. The type of conduct may be but not limited to:
 - Racial comments;
 - Foul or abusive language;
 - Foul or indecent body language or acts.

UMPIRING GENERAL TIPS

All Umpires:

- Are assistants to the Track Referee **with no power to make decisions**;
- Should report to Chief Umpire/Referee any coaches or spectators who are on the field of play;
- Are positioned as shown by the relevant event diagram or as the Referee shall specify;
- Should use discretion when sitting in allocated positions. If you can't see track, e.g. speaker or jump bags are in the way, move to a place nearby where you have a clear view of your part of the track. Advise the head of your team where you are moving to so they know where to look for your signal;
- Are required to ensure that the relevant IAAF/WPA rules are observed in all track events;
- Shall indicate rule infringements by raising a yellow card immediately. If there is no infringement a white card is shown to the respective Assistant Chief Umpire when athletes have moved away from the Umpire's allotted position;
- Should not leave your position or congregate in groups when writing reports or waiting for the next event;
- Shall report any infringement to the Assistant Chief Umpire or Assistant Track Referee who will approach them at their position;
- Should not sit in front of signage, or if the wind gauge is being used, blocking the wind gauge;
- Remain standing until the last athlete crosses the finish line;
- Keep the yellow page of the umpire's book covered and not showing when sitting as this can be mistaken for a report, or a report that has been missed;
- Carry all items in the hand facing the inside of the track; and
- When sitting on chairs sit up straight, no slouching or crossed legs. If standing, no leaning on hurdles, walls etc.

Lap Board

The umpire allocated to operate the Lap Board (LB):

- Will keep the lap board operating in line with the leader of the race and the number of laps they have to complete. The lap board is changed as the leader enters the home straight;
- Will sit prior to the race and stand at the same time as the other umpire's rise;
- Will remain standing for the entire event;
- Assistant Lap Board Operator (ALB) (where appointed) will use a lap book for runners who are not on the lead lap to indicate the number of laps they have to complete to finish the event;
- LB and ALB will work as a team to cancel the laps on the board and allow the LB operator to ring the bell for the last lap of each competitor;
- Will watch all athletes (as an umpire) prior to and past the finish line.

Lap Scorers

- Will be seated near the finish line in lane seven at the commencement of an event then move to lane four once the athletes have passed the finish line for the first time;
- The Manual Timekeeper shall read the running times to the Lap Scorers who will then note them on the lap scoring sheet for each of their competitors;
- The Chief Judge will read finishing order to the Lap Scorers who will then note them on the lap scoring sheet for each of their competitors;
- The number of Lap Scorers may vary for each event with a maximum of four athletes scored by each Scorer for track events and a maximum of six athletes for walks events;
- Lap Scorers will record the laps completed, and times, of all competitors in races of 5000m and above or as directed by the Competition Director;
- Assistant Chief Umpire or Chief Umpire will assist if you cannot find your competitors during the running of the event;
- It is a good idea to have a pencil (as well as a pen) in case of rain.

Lap Counters

- At some events an umpire(s) may be appointed to assist the Chief Track Judge in ensuring that all competitors complete the number of laps designated for an event;
- Umpires appointed to this position will note the hip numbers of each competitor as they complete a lap by crossing the finish line. Hip numbers of all competitors will be recorded on a suitable lap counting sheet.

Wind Gauge

- Will be in operation for the 100m, 200m, 100m Hurdles and 110m Hurdles;
- Wind readings will be recorded automatically and transferred to the results network;
- The Track Referee will be responsible for the correct placement of the wind gauge at the start of each session;
- In the event of an equipment malfunction, or in a stadium where there is no automatic wind gauge available, an Umpire will be allocated the task to operate a manual wind gauge for the above events. At the end of each event s/he will radio the reading to the Photo Finish Judges and keep a log of the wind readings recorded for each event.
- All umpires allocated to operate the manual wind gauge should be aware of the number of seconds to set for the event and when they should activate the gauge in the race.

SAFETY

Safety is an important element of our role. Be vigilant and aware of potential health and safety issues.

- Allow only competitors, officials and other accredited personnel onto the Field of Play;
- Always look in both directions before crossing the track;
- Do not cross the grassed areas at any time (go around the track);
- If you think conditions are unsafe for the conducting of the event notify either the Assistant Chief Umpire or Chief Umpire immediately; and
- Always take care when lifting objects, especially heavy ones

If you see a potential risk on the track act in a pro-active manner to protect the person(s) who are threatened.

NOTE

The latest umpire forms are available on the Athletics Australia website. To access these forms:-

- On the Home page go to **Officials** section;
- Click on **Resources** in the drop down menu;
- Click on **Generic Forms**

STARTING



Function:

To start a race which is fair for all athletes

What Do I Need to Start A Race?

Hearing protection: Ear muffs/plugs

Starting apparatus: Starting gun: ammunition EI

Electronic starting gun

Sound system so all athletes can hear commands

Raised platform/Starter's stand

Where Do I Stand To Start Races On The Straight Track?

Rule of thumb: On inside of the track. In a position where you can see clearly every athlete on the start line.

Where Do I Stand For Races On The Circular Track?

Dependent on site constraints:

- For 400m, 200m, 800m and circular relays:
 - At the rear of the athletes in a position where you can see all athletes when they are at their start line.
 - Forward of the athletes, outside track; several metres forward of lane 8
- Longer events: e.g. 1500m inside the track close to Lane 1 in a position where you can clearly see that the athlete's toes are not in contact with the start line.

What Are The Rules Of Starting?

- Athletes start from behind the start line (no part of athlete's toes or hands on the line)
- If athlete leaves (breaks) their mark before the gun is fired, the Starter aborts the race
- Disqualification of the athlete "breaking" is dependent on the Starter's perception of the break, the age level of the athlete and the Combined Events rule.

How Do I Start A Race?

- At club/school meet: As the Starter, check with the Official in charge at the finish line that all other personnel are ready (Place Judges/ Timekeepers)
- At higher level meets, the Starter may be given the "Start the race" instruction from the Competition Manager
- In all meets the Starter should ensure the track is clear before the gun is fired
- In races up to and including 400m, the command is "On Your Marks" "Set" – gun
- In races over 400m, the command is "On Your Marks" – gun



STARTING



- The length of time between each command is not counted or fixed, but should be a reasonable length of time whereby all athletes are settled and no movement detected. The command will vary, especially between athletes doing standing and crouch starts.
- If an athlete is taking too long to settle into the "Set" position, as Starter you can ask all the athletes to stand up and begin the commands again
- As soon as the Starter has determined that all athletes are steady, the gun should be fired

What Are The Safety "Duty Of Care" Responsibilities?

- All guns and ammunition should be stored: separately; under lock and key; in cool dry container
- Wear protective ear plugs or muffs

Handy Hints

- Know the rules of starting
- Keep to the timetable
- Achieve and maintain a high standard of starting
- If there is more than one starter appointed share the responsibilities.

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organizer)
- Starters to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc., must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags, rakes, tape, spike etc., the equipment must be cleaned after each person





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
- To report any infringements without fear or favour and without authority to make a final decision

What Do I Need?

- Umpiring recording sheets
- White flag or similar – used to signal “All Clear”
- Yellow flag or similar – used to signal an infringement
- Pen
- Clipboard
- Folding chair – for major meets

Where Do I Stand?

- The Chief Umpire will allocate you to a position for one or several events
- Once allocated to a position, you may be able to sit on a stool until the Starter takes the stand and remain standing until the race is complete

What Do I Look For?

Laned events:

- Running on the line or inside the line to the athlete's left on the bend thus shortening the distance
- Interfering with another athlete e.g. Jostling, pushing, tripping

Hurdles:

- Arms/legs into adjoining lanes causing interference to other athletes
- Lead/trail leg passing below the top of the hurdle at the point of clearance
- Falling into adjoining lane and causing an obstruction to another athlete
- Knock down the hurdle with the hand/ body or upper side of the lead leg

Non-laned events:

- Interfering with another athlete e.g. Jostling, pushing, tripping, cutting off
- Voluntarily running off the track and then re-joining the race

Relays:

- Dropping the baton and who picks it up
- Out of lane or off the track to recover the baton. Athletes are allowed to leave their lane or course to retrieve the dropped baton, but they must exit and re-enter at the same point so as not to decrease the distance covered. Athletes must not interfere with any other athlete whilst retrieving the 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 e.g. jostling, pushing, tripping, cutting off

What Do I Do?

- When all athletes have passed your location and **no infringements** have occurred:
 - give the agreed "All Clear" signal to the Chief Umpire
- Wait for the acknowledgement by the Chief Umpire before lowering your signal
- When all athletes have passed your location and an **infringement** has occurred:
 - Raise the agreed Infringement signal and keep it raised until the Chief Umpire acknowledges
 - proceed to fill in the infringement form. Do not consult with other Umpires regarding your decision
- The Chief Umpire will pass the form to the Track Referee

What Happens If A Mistake Is Made?

Sometimes you may make a mistake, but you have made a report.

- Remain calm and inform your Assistant Chief or Chief Umpire of your change of report
- It is the Track Referee who makes the final decision based on the report(s) received

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person



TIMEKEEPERS



Function:

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

What Do I Need?

- Digital stop watch: Standard stop/start/reset
- Lap timer
- Multi-Function Timer
- Timing Machine ("Gates")

Where Do I Stand?

Timekeepers should be in line with the finish line on an elevated stand 5 metres from the outside lane of the track, preferably seated.

What Do I Do?

- Ensure you are familiar with the operation of the timing device and practice several times
- Hold the watch between the thumb and forefinger with the forefinger on the button
- Hold the watch still to eliminate any unnecessary motion
- Know what **place** you are timing
- Act independently
- Be alert at all times

When Do I Begin Timing?

- The Chief Timekeeper will normally advise when the start is imminent
- Watch for the raised gun
- Start timing from the flash or smoke from the gun

When Do I Stop Timing?

- Stop when the athlete's **torso** reaches the finish line (Not head, neck, arms, hands, legs)

What Happens At The End Of The Race?

- The Chief Timekeeper will ask what time **you** have on **your** watch for your place.
- For all hand-timed track races the time shall be converted and recorded to the next one tenth of a second (e.g. 12.23 is 12.3)
- For all races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second (e.g. 2:09.44.3 is 2:09.45)
- If after converting, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time



TIMEKEEPERS



What Happens if a Mistake Is Made?

If you miss the start or finish of a race:

- Remain calm and inform the Chief Timekeeper immediately. They will assist you.

Handy Hints for Timekeepers

- Be meticulous and level-headed
- Concentrate on the Starter's movements once the official in charge at the finish has signalled "All is ready for the start"
- Don't get caught up in the event as a spectator as you may forget to stop the watch
- At the finish of the race do not have any interest in who wins or the other placings
- Remain calm even if the times announced do not tally with what other people have on their watches
- Only record the time on your watch
- Do not return your watch to zero until directed by the Chief Timekeeper
- If you are using Recording Sheets – write the event and event number on the top and put a line through the numbers not required in that race (e.g. the Recording Sheet lists 10 places and only 6 athletes are competing in a race – cross out 4 places)

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organizer)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc., must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags, rakes, tape, spike etc., the equipment must be cleaned after each person



RELAYS



Preparation for Event

- Ensure that all aspects of the track and takeover zones are safe for athletes.
- Ensure the athletes are aware of the area in which the baton must be passed (takeover zone).

What are the Different Types of Relays?

- **Shuttle relay:**
 - Four athletes line up opposite one another.
 - The baton is carried up and down the track, passing the baton to the next person in line.
 - The baton is held vertically at the base.
 - It is received at chest height by the receiver holding their arms outstretched and hands making a big "V".
- **Circular Relay:** 4x100; 4x200; 4 x400; Medley; Swedish
 - Four athletes per team
 - The baton is held at the base and passed to the outgoing athlete within the Takeover Zone
 - The receiver must have full control of the baton by the time they leave the Takeover Zone

Definitions

- **Takeover Zone:** Area in which the baton must be passed.
 - 4 x 100m and 4 x 200m relays – 30 metre Takeover Zones
 - 4 x 400m and longer relays – 20 metre Takeover Zones
- **Check Mark:** Athletes may place one check mark (piece of tape) on the track within the lane they are running. This only applies to those relays when all or the first portion of a relay race is being run in lanes

What Equipment Do I Need?

- **Umpire Folder:** Has copies of the appropriate Relay Infringement forms for the event being run.

What Officials are Required?

- One Official at each end of the takeover zone: Can use two Officials if necessary – one on inside and another on the outside of the lanes
- Official in charge of the Takeover Zone will allocate duties to Officials appointed to their team.

General Rules

- The baton shall be carried in the hand during the event
- The baton passing **MUST** take place within the Takeover Zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete.
- The position of the baton is decisive, not the athlete's body, head, feet or legs.
- Athletes are not permitted to wear gloves.
- If during a race and athlete takes or picks up the baton of another team, their team shall be disqualified. Then other team should not be penalised unless an advantage is obtained.
- If the baton is dropped, it shall be recovered by the athlete who dropped it but NOT lessening the distance to be covered or interfering with any other athletes.



PLACE JUDGES



Function:

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

What Do I Need?

- Recording sheet
- Place Tickets
- Pen
- Clipboard

Where Do I Stand?

All Place Judges should:

- operate from the same side of the track
- on a raised stand at least 5m back from the inside lane of the track
- in line with the finish line

How Many Place Judges Should There Be?

It is preferable that there is a Chief Judge and enough Place Judges to take at least the first four places.

For longer races, Place Judges should note the finishing order of all athletes.

What Do I Do?

Place Judges are allocated a specific place to judge e.g. 3rd place

- Judging a place occurs when an athlete's torso – (not head, neck, arms, hands, legs) crosses the finish line which is defined as the vertical plane of the nearer edge of the finish line to the start.
- Record the athlete's number and club and hand to the Chief Judge or athlete to proceed to the Recording Area.
- In distances greater than 400m, athletes may be handed place numbers from the Place Judges before being placed in finishing order and proceeding to the Recording Area

How Do Place Judges Record the Finish?

- The Chief Judge notes the first athlete to finish
- The First Place Judge notes the first athlete and checks the second athlete
- The Second Place Judge notes the second and checks third
- The Third Place Judge notes third and checks fourth

The Chief Judge determines the placings after collecting the Recording Sheet

What Happens If A Mistake Is Made?

Sometimes you may miss the finish. It may be too close for you to make an accurate decision or you are unsure.

- Remain calm and inform the Chief Judge immediately and they will assist you.



PLACE JUDGES



Handy Hints for Place Judges

- Be aware of all Place Judges on the stand and don't obstruct their view
- Don't converse with other Place Judges over your decision
- Don't converse with the athletes as this slows down the process
- In non-laned events, be aware of athletes being lapped or withdrawing

Note: The single function of Place Judges may vary widely on the type of meeting at which they are officiating. At some competitions with limited Officials, Timekeepers may also perform the role of Place Judges. Where an Official has a dual role, it is important that the Official does not lose sight of their athlete until identity is clearly established.

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person



HURDLES



What is Hurdling?

Hurdling is basically an extension of running. The first leg over the Hurdle is called the "lead" leg and the second leg is the "trail leg"

How do I Prepare for the Event?

- Ensure the correct number of Hurdles (flights) are on the track, on the correct mark and at the correct height for the age group.
- Check the track conditions. In wet conditions, grass tracks in particular can become very slippery, that can make Hurdles a very dangerous event for the athletes and you could decide not to conduct the event

What is the Minimum Equipment Required?

- 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.

What Officials are Required?

- Officials (Umpires) are required to stand approximately two (2) steps towards the finishing line from the Hurdle they are appointed to and observe any lane infringements or any interference with other athletes as the athlete approaches and passes the Official.

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 their own lane throughout the race.

How can an Athlete be Disqualified in Hurdles?

If in the opinion of the Track Referee, after receiving an Umpire's report:

- an athlete deliberately knocks down a Hurdle by hand, body or upper side of the lead leg
- an athlete interferes or impedes another athlete's performance (including displacing a Hurdle in another athlete's lane)
- an athlete goes under or around a Hurdle
- an athlete's foot/leg, at the point of clearance, is below the top of the Hurdle
- 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?

A separate sheet can be found on the Athletics Australia website that lists the Hurdle heights.





What Is A Discus?

The discus, an implement in the shape of a plate can be made of rubber, wood and metal or plastic and metal

How Do I Make the Event Site Safe?

- Discus circles **must** be enclosed with a cage
- 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
- Other than the athlete, **no-one** should be inside the cage when a discus is thrown
- The landing sector should be flat and devoid of holes
- The discus should be **CARRIED** back to the circle - never thrown
- Warm-up throws **must** be supervised and taken in competition order. Each athlete should get minimum of one and maximum of three warm up throws, if time permits

Equipment I Need?

- **Discus circle within a cage and sector:** Clearly marked
- **Tape Measure:** (50-100 metres)
- **Sector:** of 34.92°
Handy Hint: If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the centre of the circle, 20 m out, 12 m across and 20 m back to the centre of the circle. Adjust the tape so that it is taught. You now have the sector lines and the correct sector angle
- **Discus:** Age, gender, disability appropriate. A separate sheet should list the age group weights
- **Spike:** Hold the zero end of the tape in the nearest edge of the mark made the discus on landing
- **Flags:** Red, white, yellow
- **Recording Sheet:** For recording all performances at the site
- **Cloth:** To wipe and clean the discus
- **Broom:** To sweep the surface of the discus circle.
- **Mat:** For athletes to wipe their feet
- **Cone:** For closing the circle between trials
- **Stopwatch:** To time athletes from the time their name is called until they first commence their throw
- **Wind Sock:** To show wind direction to the athletes. Place it in the sector, far enough away so it cannot be hit by any implement and that athletes can see it clearly.

What is the Minimum Number of Officials Required to Conduct the Event?

- **Two Circle Judges:**
 - **Chief Judge:** Oversees the correct conduct of the competition in accordance with the rules
 - Watches the athlete to ensure they step out of the circle in the correct manner



- After the discus has landed watch that the athlete leaves the circle in the correct manner
- Reads the athlete's performance measurement to the Recorder in single digits 2456
- **Circle Judge:** Watches athlete doesn't step out of the circle while attempting to throw
 - Watches the flight of the discus into the landing sector
 - Watches for the signals of the Landing Sector Judges
 - Signals appropriately to the Chief Judge
 - Pulls the measuring tape tightly through the centre of the circle once the Spiker has marked the landing position
- **Two Sector Judges:**
 - **Fall Judge:** Watches the implement leaving the athlete's hand
 - Follows the flight until it lands
 - Moves quickly to the first point of contact with the ground
 - Walks the implement back to the athlete's area
 - **Spike Judge:** Assists in confirming the first point of contact with the landing area
 - Places spike into the ground in the mark closest to the throwing circle
 - Doesn't remove the spike until given the "All Clear" by the Chief Judge
- **One Recorder:** Calls back the measurement to the Chief Judge in the same manner, as single digits 2456 and records them against the correct athlete
 - Foul throws are recorded by placing an "X" against the athlete's name,
 - A " – " (dash) if an athlete decides to pass a trial
 - Highlights the best performance at the end of round 3

What Happens During a Athlete's Trial?

- A discus can be thrown anyway – even underarm
- A athlete may enter the circle from any direction
- The trial must be commenced from a stationary position inside the circle
- Each athlete is entitled to 3 trials
- The top 8 athletes may receive additional trials at Championship level
- 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
- A athlete may use a marker, which may be placed only on the ground in the area immediately behind or adjacent to the circle, and not obstruct the view of the Judges, and it must be removed by the athlete at the completion of their throw

When Is a Foul Recorded?

- If the athlete leaves the circle before the discus has landed
- If the athlete touches 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.)
- If the discus falls so that the first 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 1 minute** to commence their trial
- **Note:** However, if a athlete touches the top of the metal rim in the back half of the circle and is deemed not to have gained any advantage, it is **not** considered a foul



How Is a Trial Measured?

- The selected point (the mark closest to the throwing circle) is indicated by the spike
- The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
- Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taught.
- This should give an accurate line.
- Don't remove the spike until the Chief Judge signals all is clear
- The distance is measured at the point where the tape crosses the inner edge of the circle where the tape is pulled 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.

How is a Trial Recorded?

- **The Recorder:** Calls back the measurement to the Chief Judge in the same manner (single digits i.e.2456) and records it against the correct athlete
- Foul throws are marked with an **X**
- A "-" (dash) if an athlete decides to pass a trial
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Athlete	Trial 1	Trial 2	Trial 3	Best	Placing
A	24.75	X	24.62	24.75	3
B	25.53	24.29	25.99	25.99	1
C	24.75	24.53	24.57	24.75	4
D	25.53	25.98	25.88	25.98	2
E	X	16.47	X	16.47	5

- **Handy Hint:** If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Clean each implement after each attempt with a sanitized wipe
- Retrievers to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person

HIGH JUMP



Preparation For The Event

- Ensure that all aspects of the 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 athletes a practice jump/s to check their run-up if time allows
- **Handy Hint:** Supervise the warm up, so that all athletes get a fair access to warm-up jumps e.g.: left side, then the right side at various heights
- Set bar at correct starting height
- **Handy Hint:** To check the sag on the bar, place one end on the ground and hold the other end. Slowly rotate the bar until you see the sag (it is easy to see). The bar then goes on the brackets with the sag down. Rotate the ends to make sure the bar sits flat and mark one end of the bar with an arrow to show which side it up!
- **Handy Hint:** Have a little spirit level in your kit. This can be used when first setting the bar to make sure the bar is level
- The uprights and landing area should be designed so that there is a clearance of at least 10cm between them to avoid displacement of the cross bar through movement of the landing bag coming into contact with the uprights

Event Safety

- Uprights may be moved during a competition only if the Judge in consultation with the Referee considers the take-off or landing areas have become dangerous
- Landing area should be maintained in a safe condition. If a number of small landing bags then it should be regularly checked to ensure there are no gaps
- It is 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 the crossbar
- **Cross Bar:** (circular in cross section) with the end pieces to be circular or semi-circular with a defined flat surface which the bar rests on the cross bar supports
- **Measuring Stick:** or tape however, the usage of tapes is not as accurate as the measuring stick
- **Landing Bag:** Minimum 60cm thick, preferably 6m x 4m
- **Broom:** For keeping the run-up clean
- **Markers:** For athletes to mark their run-up (tape)
 - Athletes allowed a maximum of 2 markers
- **Wind Sock:** Indicates wind direct to the athletes. Place it in the centre of the competition area and make sure it doesn't interfere with any run-ups
- **White Tape:** 50mm wide that runs 3 m outside the uprights. The nearer edge of the tape corresponds with the nearer edge of the bar

Officials Required

- **Bar Judge** – makes sure that both bar supports are the same height from the ground and the top of the bar is set at the jumping height
 - Ensures that the uprights are not touching the landing area



HIGH JUMP



- Judges to see if the athlete causes the bar to fall during the action of the jump
- Resets the bar after each failed attempt such that the crossbar is placed on the same crossbar support
- **Chief Judge** – ensures the rules are conducted within the rules of the competition
- **Recorder** – records the clearance of a height with an “O”
 - Records a failed attempt with a “X”
 - Records a pass with a “-” (dash)

Measuring the Cross-Bar Height

- Measurements are taken with the measuring stick from the top of the middle or lowest point of the 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
- Put a mark on the bar to show you which is the front of the bar and an arrow to show the right way up so it is the same for all athletes

General Rules

- A athlete may approach the bar from any angle
- A 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 shall never be raised by less than 2cm (unless there is one athlete remaining)
- A athlete may commence jumping at any height previously announced
- Three consecutive failures regardless of the height will eliminate the athlete
- A athlete may abort an attempt (baulk) as many times as they like provided that the final attempt is commenced within, **1 minute**
- The final athlete may continue to jump at height rises agreed with the Chief Judge or Referee until the athlete has 3 consecutive failures
- A 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

When is a Failure or Foul Recorded?

- A failure or foul results:
 - When after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
 - If a athlete fails to commence an attempt within 1 minute of their name being called
 - If a athlete touches the ground, white line or equipment ie mat; cross bar including the landing area beyond the plane of the uprights either between or outside the uprights with any part of the body without first clearing the bar
- Note:** If a 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 a athlete has landed and left the mat, it may still be counted as a



HIGH JUMP



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

Starting Heights

May vary according to the competition, age and gender. Please check the Technical Regulations of the competition

Recording

O : indicates a clearance or valid jump

X : indicates a failure

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

Athlete	1.15	1.20	1.25	1.30	1.35	1.40	1.43
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				

Handy Hint: If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

Determining the Results

- Each athlete shall be credited with the best of all their trials, including those achieved in resolving a tie for first place
- The athlete who clears the greatest height is the winner
- If there is a tie, the following is applied **IN ORDER**:
 - The athlete with the **lowest number** of jumps at the height at which the tie occurred shall be awarded the higher place
 - If the tie still remains, the athlete with the **lowest total failures** throughout the competition up to and including the height last cleared shall be awarded the higher place. If the athletes are still equal, they will be awarded the same place unless it concerns first place
- 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. The athletes shall then attempt one jump at each height until a decision is reached or until the athletes concerned decide not to jump further. Each athlete will have one jump at each height. The bar is raised or lowered by **2cm** each time. If a athlete is not jumping at a height, they automatically forfeit their claim to a higher place
- The athletes involved in the jump off may decide together not to undertake a jump off. In this case, equal places are awarded
- 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



HIGH JUMP



Athlete	Best Jump	Failures		Placing
		Height last cleared	Up to & including height last cleared	
A	1.40	2	4	2=
B	1.40	2	4	2=
C	1.40	2	5	4
D	1.40	1	6	1
E	-			NM

From the example above:

- All cleared 1.40m and all failed at 1.43m
- D wins with the lowest number of attempts at 1.40, only 2
- A & B are equal 2nd with 4 failures
- C is 4th with 5 failures
- E did not record a measurable height

Handy Hints for High Jump Officials

- Have different coloured tape cut into pieces before competition begins for use as athlete markers
- Use a flexi bar for very young age groups to increase confidence
- However, please be aware that athletes can become entangled in a flexibar which, could in turn, pull the uprights over. The flexibar is a great tool to teach technique and reduce fear of the bar

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (this may need to be provided by the Event Organiser)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags etc, the equipment must be cleaned after each person





What Is A Javelin?

The javelin is a form of spear and as such is a lethal weapon.

How Do I Make the Event Site Safe?

- Keep competitors well back from the throwing area
- Everyone should be alert and always watch where the javelin is
- The Chief Judge should stand alongside the runway in a safe position
- Officials in the landing sector should never take their eyes off the javelin
- The Landing Sector should be clear except for a windsock
- Make sure the sector lines extend well past the longest throw
- The javelin should be placed in the ground in an upright position if there is no rack
- The correct procedure for removing the javelin from the ground is to place your thumb over the tip and pull back in the direction in which the javelin went into the ground
- The javelin should be **CARRIED** back to the runway in a vertical position, tip down-never thrown
- The javelin can be deflected by gusts of wind
- Warm-up throws **must** be supervised and taken in competition order. Usually each athlete will get access to two warm up throws, however, this is time dependent, so as a minimum, each athlete will get one warm up throw

What Is the Minimum Equipment I Need?

- **Runway:** Clearly marked
- **Sector:** 28.95 °
- **Handy Hint:** If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the 8m point from the arc, 20m out, 10m across and 20m back to the 8m point. Adjust the tape so that it is taught. You now have the sector lines and the correct sector angle
- **4m Markers:** White tape on either side of the run up
- **Tape Measure:** (50-100 metres)
- **Javelin:** Age, gender, disability appropriate
- **Spike:** To hold zero end of tape where the metal head first struck the ground
- **Recording Sheet:** For recording all performances
- **Cloth:** To wipe and clean the javelins
- **Broom:** To sweep the javelin runway
- **Marker:** Maximum of two for each competitor to mark the start point of their run-up. The other may be used to mark a point further down the runway. Markers may not be put on the white lines
- **Wind Sock:** Indicates the wind direction to the competitors. Place it in the sector, far enough away so it cannot be hit by any implement, and so that competitors can see it clearly



What Is the Minimum Number of Officials Required to Conduct the Event?

- **Two Runway Judges:**
 - **Chief Judge:** Oversees the correct conduct of the competition
 - **Runway Judge:** Assists the Chief Judge after the throw has landed by acknowledging the athlete has left the runway in accordance with the rules
 - Pulls the measuring tape through the centre of the runway (8m from the arc) once the Spiker has marked the landing position
 - Reads the tape once it has passed over the arc to the nearest centimetre as single digits 3456
- **Two Sector Judges:**
 - **Fall Judge:** Watches the javelin leaving the competitor's hand is the best way to pick up its flight path and know which direction to move
 - Moves quickly to the first point of contact of the metal head of the javelin with the ground
 - Pulls the javelin out of the ground in the same direction as it went in
 - **Spike Judge:** Confirms the first point of contact in the landing sector
 - The selected point (closest to the throwing arc) is marked by the spike
 - The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
 - Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taught. This should give an accurate line
 - Don't remove the spike until the Chief Judge signals all is clear
 - The distance is measured at the point where the tape crosses the inner edge of the throwing arc directly back through the centre of the throwing arc (there should be a mark)
 - Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre
 - Leaves the spike there until given the signal by the Chief Judge that all is clear
- **One Recorder:** Calls back the measurement to the Chief Judge in the same manner, as single digits 3456 and records them against the correct athlete
 - Foul throws are recorded by placing an "X" against the athlete's name
 - Highlights the best performance at the end of round 3

What Happens During a Competitor'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
- Only the head of the javelin must touch the ground first, it does not have to stick in or make a mark
- Each competitor is entitled to 3 trials
- The top 8 competitors may receive additional trials at Championship level





- Allow competitors a practice throw(s) to check their run-up if possible
- The competitor may during the course of each trial, stop and may 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

When Is A Foul Recorded?

- Non-orthodox styles are not permitted
- If a competitor 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 metal head does not strike the ground before any other part of the javelin
- If the competitor leaves the runway before the javelin has impacted the ground
- If the competitor when leaving the runway leaves forward of the throwing arc or extensions
- If the competitor after starting his throw, touches with any part of their body the lines marking the runway
- If the head of the javelin lands on or outside the sector lines
- If the competitor takes longer than **1 minute** to commence their throw

How is a Trial Measured?

- The measurement of each throw shall be made from where the metal head first strikes the ground to the inside edge of the arc along a line 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 (8m from the arc)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre
- If the competitor does not leave the runway after throwing, Officials may start measuring once the competitor passes the 4m marks

How is a Trial Recorded?

- The **Recorder** calls back the measurement to the Chief Judge in the same manner, as single digits 3456 and records them against the competitor
- Foul throws are recorded with a "X"
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw





Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	34.67	X	34.65	34.67	5
B	35.54	34.98	34.65	35.54	3
C	34.55	37.98	37.54	37.98	1
D	37.98	35.54	34.67	37.98	2
E	X	33.88	34.68	34.68	4

Handy Hint: If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter.

If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Clean each implement after each attempt with a sanitized wipe
- Retrievers to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person

LONG JUMP



What Must I Do to Prepare for the 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 50cm or more than 2m
 - U9-Open:** should not be less than 50cm and not more than 3m

How Can I Make the Event Site Safe?

- Dig over the sand to loosen it
- Turn and level the sand to ensure it is level with the run-up
- Remove objects such as sticks, stones to avoid injury to the athletes
- Water the sand
- Sweep the runway and surrounding area
- Supervise the warm-up to ensure that all athletes get an equal chance

What Equipment Do I Need?

- **Take-off area:** Mat, sand, tape, board varies according to the competition – age; disability
- **Plasticine Indicator Board and tools:** For major meets (Note: new rule re plasticine comes into force on 1/11/2021)
- **Tape Measures:** 1 for measuring (20m), 1 for run-ups (50m)
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping runway and surrounding area clear of sand
- **Shovel:** For digging over landing area and moving sand to the front of the pit
- **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
- **Recording Sheet:** For recording all performances
- **Markers: (Each athlete permitted 2)** For athletes to mark the start point of their run-up; the other may be used to mark a point further down the runway. An additional (longer) tape may be made available for use by the athletes to measure their run-up with the zero of the tape on the edge of the board closest to the pit
- **Flags:** Red, white, yellow
- **Cone:** For closing the runway between athletes
- **Stop watch:** To time athletes from the time their name is called until they first commence their jump
- **Wind Sock:** Indicates the wind direction to the athletes. Place it in alongside the runway, so that athletes can see it clearly. Do not let any part of the windsock impinge on the runway



LONG JUMP



- **Wind Gauge:** For wind measurements
 - Height is 1.22m
 - The gauge points in the direction of running and parallel to the run way
 - **Handy Hint:** The width of the run way is 1.22m, so you can lay the tripod and gauge across the runway and adjust the height
 - Started when athlete passes a marker at **40m** from the take-off line

If the run up is shorter, the time is measured for 5 seconds

What Is the Minimum Number of Officials Required to Conduct the Event?

- **One Board Judge:** Who could be the Chief Judge
 - Tasks include: standing at the foul line to watch where the athlete's foot lands on the board/mat
 - Determines whether the trial is within the rules
 - Once the athlete has left the pit, in accordance with the rules, pulls the tape back along the runway in a straight line over the take-off board
 - Measures to the foul line
 - Reads the measurement of the performance to the Recorder in single digits 656
- **Two Pit Judges:**
 - A **Spiker:** marks where the athlete first makes contact with the landing area at the closest point to the take-off board
 - A **Raker:** ensures the sand is turned over and level before each jump and the pit is safe for competition
- **One Recorder:** who calls back the measurement to the Chief Judge in the same manner, as single digits 656 and records it against the correct athlete
 - A foul jump is recorded by placing an "X" against the athlete for that round
 - Highlights the best performance for each athlete at the end of round 3

What Happens During an Athlete's Trial?

- Each athlete is entitled to 3 trials
- The best 8 athletes may have additional trials
- Each athlete must place their take-off foot before the take-off line nearer to the landing area
- Markers may be placed alongside the runway – not on it, this includes the white lines
- Markers are not permitted in the landing area/pit except where distance markers may be placed alongside the pit in Championships

When Is A Foul Recorded?

- If any part of the foot is beyond the take-off line or if the entire foot is outside either end of the take-off board
- 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 failure even if it is not completed



LONG JUMP



- If after completing the jump, a athlete walks back through the landing area towards the take-off area
- In the course of landing a 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 a athlete takes **longer than 1 minute** to begin a jump

How is the Jump Measured?

Little Athletics U6-12:

- The **Spiker** 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 the imprint made by take- off foot in the take-off area or back of take-off area as applicable

All other age groups:

- The **Spiker** 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?

- The **Recorder** calls back the measurement to the Chief Judge in the same manner as single digits e.g. 456 and records this performance against the correct athlete
- Foul jumps are recorded with an "X"
- Best performances should be circled or highlighted



LONG JUMP



- Ties are broken by referring to the next best jump
- **Handy Hint:** If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

Athlete	Trial 1	Trial 2	Trial 3	Best	Placings
A	5.75	-	5.62	5.75	4
B	6.35	5.92	6.87	6.87	2
C	5.65	5.45	5.75	5.75	3
D	6.87	6.35	6.33	6.87	1
E	X	X	X	X	NM

General Rules

- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes

Handy Hints for Long Jump Officials

- Rake the pit after every jump
- Ensure there are sufficient markers for every athlete
- Have younger athletes lined up beside the runway to speed up the process

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Pit Judges to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person



SHOT PUT



What is a Shot?

A shot is a circular metal ball that is put from close proximity to the chin or neck.

How Do I Make the Event Site Safe?

- The **Chief Judge** 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 Judge, the Circle Judge on the stop board and those in the landing area, everyone should stand 2m behind the competitor
- The landing area should be flat and devoid of holes
- The shot should be **CARRIED** back to the circle - never thrown
- Warm-up **must** be supervised and taken in competition order. Usually each athlete will get access to two warm up throws, however, this is time dependent, so as a minimum, each athlete will get one warm up throw

What is the Minimum Equipment I Need?

- **Sector and Circle:** Clearly marked
- **Sector:** of 34.92°
Handy Hint: If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the centre of the circle, 20m out, **12m** across and 20 m back to the centre of the circle. Adjust the tape so that it is taught. You now have the sector lines and the correct sector angle
- **Tape Measure:** 20m
- **Shot:** Age, gender, disability appropriate
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the shot on landing
- **Recording Sheet:** For recording all performances at the venue
- **Cloth:** To wipe and clean the shots
- **Broom:** To sweep the surface of shotput circle
- **Flags:** Red, white, yellow
- **Stop Watch:** To time competitors from the time their name is called until they first commence their trial
- **Mat:** To wipe feet
- **Stop board:** Measuring 1.22m Long, 100mm high and 114mm wide shall be used

What Is the Minimum Number of Officials Required to Conduct the Event?

- **Two Circle Judges:**
 - **Chief Judge:** Oversees the correct conduct of the competition in accordance with the rules
 - Watches the competitor take their trial and determines whether the put was within the rules
 - Watches the competitor doesn't step out of the circle or onto the stop board while attempting to put
 - Watches for the appropriate signal from the Circle Judge



SHOT PUT



- Reads the competitor's performance measurement to the Recorder in single digits 456
- **Circle Judge:** Watches the competitor take their attempt and determines whether the put was within the rules
 - Watches the flight of the shot into the landing sector
 - Watches for the signals of the Landing Sector Judges
 - Signals appropriately to the Chief Judge
 - Pulls the measuring tape through the centre of the circle once the Spiker has marked the landing position
- **Two Sector Judges:**
 - **Fall Judge:** Watches the shot leaves the competitor's hand to determine its flight path
 - Assists in confirming the first point of contact with the landing sector
 - Moves quickly to the first point of contact with the ground
 - Walks the implement back – never throw
 - **Spike Judge:** Confirms the first point of contact in the landing sector
 - The selected point (closest to the stop board) is marked by the spike
 - The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
 - Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taught. This should give an accurate line
 - Don't remove the spike until the Chief Judge signals all is clear
- **Recorder:** Calls back the measurement to the Chief Judge in the same manner, as single digits 456 and records them against the correct competitor
 - Foul throws are recorded by placing an "X" against the competitor's name
 - Highlights the best performance at the end of round 3

What Happens During a Competitor'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
- A competitor may enter the circle from any direction
- Each competitor is entitled to 3 trials
- The top 8 may have additional trials
- Once competition has begun, competitors shall not be permitted to use the circle or ground within the sector for practice trials with or without implements
- A competitor may use a marker, which may be placed only on the ground in the area immediately behind or adjacent to the circle, and not obstruct the view of the Judges, and it must be removed by the competitor at the completion of their throw
- The competitor may during the course of each trial, stop and may place the shot down and then recommence the trial again, providing that no other **infringement** has occurred



SHOT PUT



When is a Foul Recorded?

- If the competitor leaves the circle before the shot has landed
- If the competitor'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 competitor 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) The edge is considered part of the top
- If the shot falls so that the point of impact is on or outside the sector line
- If the competitor does not exit from the **rear half** of the circle
- If the competitor takes longer than **1 minute** to commence their trial

How is a Trial Measured?

- The imprint mark made by the shot put on landing closest to the stop board 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 is a Trial Recorded?

- **The Recorder:** Calls back the measurement to the Chief Judge in the same manner (single digits i.e.456) and records it against the correct competitor
- Foul throws are marked with an **X**
- A "-" (dash) if an athlete decides to pass a trial
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Competitor	Trial 1	Trial 3	Trial 4	Best	Placing
A	8.72	X	8.63	8.72	5
B	9.63	8.87	9.87	9.87	2
C	9.88	9.78	9.87	9.88	1
D	8.86	8.88	9.67	9.67	5
E	X	9.78	X	9.78	3

Handy Hint: If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'



SHOT PUT



COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organizer)
- Clean each implement after each attempt with a sanitized wipe
- Retrievers to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc., must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. clipboard, flags, rakes, tape, spike etc., the equipment must be cleaned after each person



TRIPLE JUMP



What Is A Triple Jump?

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: An athlete lands on the *opposite* foot (to that used for the hop)

Jump: An athlete performs a jump from the “step” foot by landing in the pit

The saying: “**same; other; both**” can help remember this sequence

How Can I Make the Event Site Safe?

- Dig over the sand to loosen it
- Turn and level the sand so the pit is level with the run-up
- Remove objects such as sticks, stones to avoid injury to the athletes
- Water the sand
- Sweep the runway and surrounding area
- Supervise the warm-ups to ensure that all athletes get an equal chance to warm-up
- Ensure there are take-off boards appropriate to the age; gender and ability of the athlete: 5m; 7m; 9m; 11m; 13m back from the edge of the pit

What equipment do I need?

- **Take-off area:** mat, sand, tape or board, board indicator markers
- **Plasticine Indicator Board and tools:** for major meets. Plasticine can only be used on the 13m and 11m boards (Note: new rule re plasticine comes into force on 1/11/2021)
- **Tape Measures:** 1 for measuring the jump (20m), 1 for run-ups (50m)
Handy Hint: If multiple boards are being used in a competition, the runway tape should start at the closest board to the pit with the zero on the edge of the board closest to the pit
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping runway and surrounding area clear of sand
- **Shovel:** For digging over landing area and moving sand to the front of the pit
- **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
- **Indicator Markers:** Are placed either side of the selected take-off board
- **Recording Sheet:** For recording all performances
- **Markers: (Each an athlete permitted 2)** For athletes to mark the start point of their run-up; the other may be used to mark a point further down the runway. An additional (longer) tape may be made available for use by the athletes to measure their run-up with the zero of the tape on the edge of the board closest to the pit
- **Flags:** Red, white, yellow
- **Cone:** for closing runway



TRIPLE JUMP



- **Stop watch:** To time athletes from the time their name is called until they first commence their jump
- **Wind Sock:** To indicate wind direction to the athletes. Place it alongside the runway, so that athletes can see it clearly. Do not let any part of the windsock impinge on the runway
- **Wind Gauge:** For wind measurements
 - Height is 1.22m. The gauge points in the direction of running and parallel to the run way
 - **Handy Hint:** The width of the run way is 1.22 m, so you can lay the tripod and gauge across the runway and adjust the height
 - Started when an athlete passes a marker at **35m** from take-off line
 - If the run up is shorter, the time is measured for 5 seconds

What Is the Minimum Number of Officials Required to Conduct an Event?

- **One Board Judge:** who could be the Chief Judge
 - Tasks include: standing at the foul line to watch where the athlete's foot lands on the board/mat
 - Determines whether the trial is within the rules
 - Once the athlete has left the pit, in accordance with the rules, pulls the tape back along the runway in a straight line over the take-off board
 - Measures to the foul line
 - Reads the measurement of the performance to the Recorder in single digits 656
- **Two Pit Judges:**
 - A **Spiker:** marks where the athlete first makes contact with the landing area at the closest point to the take-off board
 - A **Raker:** ensures the sand is turned over and level before each jump and the pit is safe for competition
- **One Recorder:** who calls back the measurement to the Chief Judge in the same manner, as single digits 656 and records it against the correct an athlete
 - A foul jump is recorded by placing an "X" against the athlete for that round.
 - Highlights the best performance for each an athlete at the end of round 3

Trials

- Each an athlete is entitled to 3 trials
- The best 8 athletes may have additional trials
- Each an athlete must place their take-off foot on or before the take-off area nearer to the landing area
- Each an athlete must take-off from one foot
- Markers may be placed alongside the runway – not on it, this includes the white lines
- Markers are not permitted in the landing area/pit except where distance markers may be placed alongside the pit in Championships
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes





When Is A Foul Recorded?

- If any part of the 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

Note: The trailing leg is allowed to make contact with the ground during the trial without penalty

- If multiple take off boards are offered, an athlete may change their take-off board. However, they must inform the Recorder first prior to their next attempt.

How is the Jump Measured?

- Little Athletics U6-12:
 - The Spiker selects the first break (Imprint) made in the sand by the an 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 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 **Spiker** 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, in a perpendicular line, 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
 - At Championship level, the board or boards to be used must be specified by the Technical Delegate for each youth age group

TRIPLE JUMP



How is the Jump Recorded?

- The **Recorder** calls back the measurement to the Chief Judge in the same manner as single digits e.g. 656 and records this performance against the correct an athlete
- Foul jumps are recorded with an "X"
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best jump
- **Handy Hint:** If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

An athlete	Trial 1	Trial 2	Trial 3	Best	Placing
A	8.76	-	10.92	10.92	5
B	12.45	12.13	12.16	12.45	1
C	11.76	11.65	11.86	11.86	3
D	12.45	12.09	11.86	12.45	2
E	11.14	11.76	11.86	11.86	4

Handy Hints for Triple Jump Officials

- Rake the pit after every jump
- Ensure there are sufficient markers for every athlete
- Have younger athletes lined up beside the runway to speed up the process

COVID-19 Requirements for Return to Competition

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Pit Judges to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags, rakes, tape, spike etc, the equipment must be cleaned after each person.



WIND GAUGE



On the Track

Height: 1.22 metres

Where is it Placed?

- 50 metres from the finish line
- Beside the straight no more than 2 metres from lane 1

Which Events Require a Wind Gauge?

60 -100m Sprints; 200m;
60m, 80m, 90m, 100m, 110m Hurdles; 200m Hurdles

How Long is the Wind Measured?

- | | |
|--------------------------------------|------------|
| • 60m, 80m 90m, 100 m & 200m | 10 seconds |
| • 80m, 90m, 100m, 110m, 200m Hurdles | 13 seconds |
| • Wheelchair 100 metres, 200 metres | 10 seconds |

When Is It Measured From?

- 60m, 80m, 90m, 100m sprints and hurdles; 110 metres Hurdles
- From the flash of the Starter's gun
- 200 metres; 200 metres Hurdles
- When the leading athlete enters the straight

How is the Wind Measured?

- The wind speed is measured in metres per second (m/s)
 - Positive - Assisting – Tail Wind
 - Negative - Not assisting – Head Wind

For Manual Wind Gauge read and report what is on the screen.

For electronic wind gauge

- Round to the next higher tenth of a second if reading is in the positive direction
- Round down to the next tenth of a second if reading is in the negative direction

Reading:

- +2.03 shall be +2.1
 - -2.03 shall be -2.0
-

For the Horizontal Jumps

- Wind Gauge set at 5 seconds

Long Jump

- Started when athlete passes a marker at **40 metres** from the take-off line
- If run up is shorter than **40 metres** start the wind gauge when the athlete starts their attempt.

Triple Jump

- Started when athlete passes a marker at **35 metres** from take-off line
- If run up is shorter than **35 metres**, start the wind gauge when the athlete starts their attempt



WIND GAUGE

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, rake, the equipment must be cleaned after each person

