



2018 – 2019
CENTRE
OFFICIATING
BOOKLET

Whittlesea City Little Athletics Centre Incorporated

Incorporating Rules of
Competition

Revision Date: October 2018

TABLE OF CONTENTS

PREFACE	3
YOUR ROLE AS AN OFFICIAL	3
MANAGING & COMMUNICATING.....	4
STARTING.....	7
TIMEKEEPING.....	12
PLACE JUDGING.....	13
HURDLES.....	14
COURSE MARSHALL – cross country.....	17
RACE WALKING	18
HIGH JUMP	23
LONG JUMP	27
TRIPLE JUMP	31
DISCUS	35
SHOT PUT	38
JAVELIN	41
EQUIPMENT SPECIFICATIONS	45
EQUIPMENT MATRIX.....	46
OTHER RESOURCES	47

PREFACE

This booklet is primarily aimed at parents & volunteers who have shown an interest in assisting the Centre to run our weekly Little Athletics Competitions. It outlines basic processes and rules of the various events provided at our Centre at our weekly competitions.

The booklet is designed to accomplish three aims:

Firstly, to introduce parents & volunteers to the rules and events offered at Little Athletics;

Secondly, to provide a basic toolkit of knowledge to conduct activities at a Little Athletics Centre;

Thirdly, and more importantly, it aims to provide an indication of the spirit in which the rules should be applied and how the activities are delivered at Centre level competitions.

Information in this booklet is relevant for U6 – U16 athletes.

We thank you for your time and effort in volunteering to help the children participate in this exciting sport. Your contribution is very much appreciated.

Enjoy your involvement with Little Athletics and good luck.

YOUR ROLE AS AN OFFICIAL

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

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

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

- The child comes first, not the rules.
- Officials at junior sport need to apply the rules to match the skill levels of the child and the activity.
- The simpler the skill level, the simpler and more relaxed are the rules and their interpretations.
- Be consistent, fair and objective when making decisions, giving the benefit of the doubt to the child.

- Be courteous when making decisions, use it as a learning experience for the child. If they have done something the wrong way, show them the right way and give them another attempt.
- Compliment and encourage all participants – officials are role models and a source of confidence building for a child.
- Ensure that the activity is conducted within "the spirit of the game" and that sportsmanship underpins all actions.
- Always remember that officials in junior sport have a big responsibility. As a child's first foray into organised sport, a positive experience will help set in place a lifetime of involvement. Likewise, a negative experience can severely impact on that child's involvement in any future physical activity.
- Understand your obligations and responsibilities in regards to Child Safety and your conduct as an official.
- There are codes of conducts for both officials and for child safety that all volunteers should be aware of.

The Child safe standards information is provided at the back of this booklet, however to access the Child Safe Code of Conduct, go to the LAVic website, www.lavic.com.au / Resources / Child Safety / Child Safe Policy.

MANAGING & COMMUNICATING

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

Managing & Communicating with Children

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

COMMUNICATION

Children are not little adults. When communicating, remember:

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

2. Think about the words you use. In understanding a message, adults can use a range of skills that aren't available to children. Adults can interpret words in the context of the message/situation, watch your body language and gestures and draw from past experiences. Children more often than not, take the verbal word literally. The words you use should reflect literally what your message is.
3. Always be encouraging, children are very good at remembering experiences. If they break a rule, be encouraging, supportive and directional in the language you use. Officiating should be a form of instruction on how to do it right.
4. Sarcasm or being critical in a joking way isn't something that children have learnt to interpret well; it should not be used.

MANAGING GROUPS OF CHILDREN

Points to remember:

- ❖ Children want to be active; asking them to stand quietly in line for periods of time to await their turn isn't often successful. Try and keep them active when it's not their turn. As an example, you can provide them with basic practice drills or warm up activities for the event.
- ❖ Don't try to do it all by yourself, encourage parents to become involved. Every child is to be supervised the whole time. Don't allow children to wander off.

Managing & Communicating with Other Volunteer Helpers

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

COMMUNICATION

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

1. Before the start of the event, explain that the level of officiating will match the skill level and age of the children.
2. Set the tone for how the activity will be conducted and how relaxed rule interpretations are.
3. Be clear with any points that may be subjective, e.g. the shot put action, so that all officiating is consistent.
4. Explain the roles of the helpers and the exact tasks you'd like them to do. Don't assume they already know. People are sometimes reluctant to ask for help if they feel it is embarrassing to be naive.
5. Be friendly, everybody is there to enjoy themselves.

MANAGING

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

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

Take the time to get to know new volunteers.

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



STARTING

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

Starters Safety Issues

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

Equipment

- **Stand:** To provide an elevated position and view of all lanes, ideally a stand should always be used but this may not be the case at all Centres or for all events.
- **Starting Device:** Where an electronic starting device is being used ensure it is in good working order (including sufficient batteries) and is connecting correctly to the timing device being used. Where a gun (and caps), are being used, the gun should be reloaded with caps after every start.
- **Whistle:** As a warning device that start procedure is about to begin.
- **Ear Plugs:** Of good quality as guns are noise hazards.
- **Flash Board:** Dark background to make smoke detection easier.
- **Communication Device:** For contacting other officials such as Timekeepers, etc.
- **PA system:** To ensure that all athletes can hear starter's instructions particularly for events using "staggered" starts, e.g., 400m. May be a "loud hailer"
- **Identifying Colour / Uniform:** Approved Polo Top/ vest with optional cap.

Note: For Starters at **Centre level** the polo top can be an identifiable vest.

Location of Starter

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

Note: When the Starter moves to a new position, they need to check with the Timekeepers to ensure that they are clearly visible.

Function

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

Starting Procedure

- Starter indicates procedure is about to commence by blowing a whistle, then the start commands as follows:
- For laned events: "**On Your Marks**", "**Set**", "**Start Signal**"
- For unlaned events (including the 800m started in lanes):
"**On Your Marks**", "**Start Signal**"

- All athletes are allowed to perform a standing start for all track events, from U6 – U16. U11 - U16 athletes may use starting blocks if performing a crouch start.

Please Note: It is recommended that athletes perform a standing start until they are proficient at crouch starts and then the use of blocks. While U11 athletes can use blocks, most struggle with performing correct crouch starts using blocks, until their U13 or U14 year.

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

Recall Starter

FUNCTION

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

Starters Marshall

FUNCTION

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

DUTIES

- Allocate athletes to heats as follows:
- Main Athlete listing sheet provided by R & R officer listing athletes in order of PB
- Allocate athletes to heats according to listing sheet
- Allocate athletes to lanes via listing sheet filling all lanes with available athletes – secondary starters marshal to enter details into tablet
- As required, either alone or with the assistance of Recall Starter return athletes to start line after a false start.
- Assemble athletes up to three metres behind the start line, signal to the Starter that all is ready.
- Ensure the first athletes in a relay event have a baton.

ATHLETES WITH A DISABILITY – RUNNING EVENTS

Hearing Impairment

- At a higher level of competition, a light box can be used to start a race. The box flashes 3 different colours to indicate 'on your marks', 'set' and 'go'.
- At a Little Athletics level, these light boxes may not be easy or necessary to obtain. Instead, an official standing near to starter could give hand signals to start the race. For example, left hand up 'on your marks', both hands up 'set' and both hands down quickly 'go'.
- Another alternative is to have a parent or official standing behind the athlete and simply tap them on the shoulder when the gun goes.

Intellectual Impairment

As per LAVic rules, any athlete may complete a standing start.

Visual Impairment

- Athletes with complete blindness or a reasonable level of visual impairment, run with a guide (parent, guardian or Centre official).
- At a National level a tether is held by both the athlete and guide.
- At a Centre level the athlete and guide can simply hold hands or use a piece of rope as a tether.
- When starting races, ensure the blind athlete is close to the starter so they hear instructions and the sound of the gun clearly.

Physical Impairment - Amputees, Cerebral Palsy & other limb deficiencies

- If an athlete isn't physically able or comfortable completing the same distances as the rest of the age group, it may be modified. For example, complete the first lap of the 800m event only and record a result for 400m.
- As per LAVic rules, any athlete may complete a standing start.
- Athletes with physical impairments may have trouble staying inside the lines in landed events. Provide leniency for this.
- If an athlete feels uncomfortable, allow a guide or parent to complete the race beside them.

Physical Impairment - Wheelchair Racing

- At Little Athletics, athletes do not need to compete in the 3 wheeled racing chairs, they may compete in their standard day chair.
- Wheelchair racing is conducted the same way as able bodied events with respect to start lines, lanes and cross over points.
- In Little Athletics athletes racing in wheelchairs may compete with able bodied athletes but all should be instructed to be extra careful of other athletes around them. Wheelchair athletes will generally be slower than the others at the start of the race but will speed up throughout.

TIMEKEEPING

Function

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

Definitions

Start: The first sign of a visual signal or smoke from the starting device.

Finish: When any part of the athlete's **torso reaches** the plane of the finish line.

Torso: Any part of the body (as distinct from the head, neck, arms, legs, hands or feet).

Officials Required

- For all "laned" events two timekeepers will be required to operate centre gates and computer system for Timing solutions software – both Front and Back Straights
- For circular or unlaned events three timekeepers will be required, one to operate computer and Timing solutions software and two to help with placement of athletes across the finish line

Preparation

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

Duties of Chief Timekeeper

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

Types of Timing Equipment

Front / Back Straight: Electronic starting device connected to Computer operating Timing Solution software,

Circular: Electronic starting device connected to Computer operating Timing Solution software, secondary / back up – circular timing device, with a "lap timer" which has the ability to record and store many times that can be recalled after the finish of the event. Has integral printer attachment for printing out the times of all athletes either as each time is recorded or after the event has finished.

PLACE JUDGING

Function

- ❖ To determine the order in which athletes cross the finish line in a track/course event, will be determined by the athlete passing through the gates and breaking the infrared line

Note: WCLAC do not place judges – timekeepers perform the role of place judge

Definitions

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

HURDLES

Preparation for Event

- Ensure adequate numbers of Hurdles (flights) are on the track at the correct distance apart and at the correct height for the age group, (according to specifications on pg. 45).
- Check the track conditions. In wet conditions, tracks in can become very slippery, which can make Hurdles a very dangerous event for the athletes. Safety is paramount in all events.

Equipment

- The hurdles should be made of metal with the top crossbar of wood or other suitable material, with two feet and two uprights supporting the crossbar.
- Refer to specifications below for details of construction.
- Refer to page 45 for event specifications.

General Rules

- The feet of the hurdle will be at right angles to the crossbar and will be placed on the track, so that the edge of the crossbar 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 two hurdle flights.
- All races will be run in lanes and each athlete must keep to their own lane throughout the race.
- An athlete who trails a foot or leg below the horizontal place of the top of any hurdle at the instant of clearance will be disqualified.
- If an athlete jumps any hurdle not in their own lane they will be disqualified.
- If in the opinion of the Referee or Chief Official, an athlete deliberately knocks down any hurdle, they will be disqualified.
- The unintentional knocking down of hurdles will not result in disqualification, nor prevent a record being set.
- It is recommended that officials allow athletes a practice run of two flights before each heat. For older athletes, best/safe practice is to lower the third flight of hurdles so the athletes travelling at the higher speed don't run into them.

Officials required

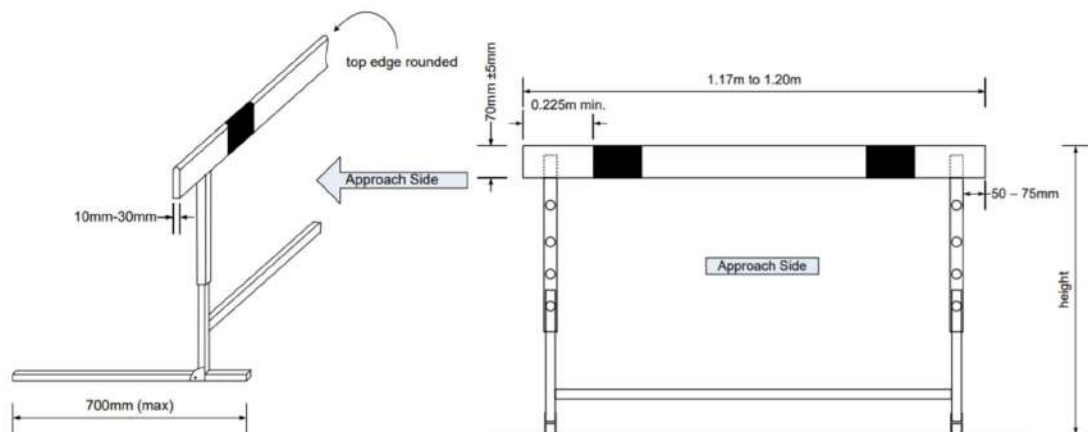
Officials/Umpires are required to observe from directly down the track for any lane infringements, or to notice any interference with other athletes. Additionally, Officials/Umpires adjacent to the hurdle flights are required to observe athletes when they are attempting to clear the hurdles for infringements.

Collapsible Hurdles

The hurdles must be made of metal or some other suitable material with the top bar of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a rectangular frame reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. (See below Diagram). The hurdle must be so designed that it will just resist a force of 2-3 kilograms, applied at the top edge of the top bar. The hurdle must be adjustable in height for each event. Hurdles must be of the collapsible type. (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

ATHLETES WITH A DISABILITY

At our Centre hurdle heights may be adjusted for athletes with a disability if they feel it is necessary.



HURDLE SPECIFICATIONS

Distance / Spacings	Marker Colour	Under 8 / 9	Under 10 / 11	Under 12	Under 13	Under 14	Under 15 / 16
60m Hurdles (6 Flights) 12-7-13	ORANGE	45cm (Bottom)	60cm (1st Notch)				
80m Hurdles (9 Flights) 12-7-12	BLACK			68cm (2nd Notch)	76cm (3rd Notch)	Girls: 76cm (3rd Notch)	
90m Hurdles (9 Flights) 13-8-13	WHITE					Boys: 76cm (3rd Notch)	Girls: 76cm (3rd Notch)
100m Hurdles (10 Flights) 13-8.5-10.5	YELLOW						Boys: 76cm (3rd Notch)
200m Hurdles (5 Flights) 20-35-40	GREEN				68cm (2nd Notch)	76cm (3rd Notch)	
300m Hurdles (5 Flights) 50-35-40	GREEN						76cm (3rd Notch)

COURSE MARSHALL – CROSS COUNTRY

Function

- ❖ To ensure that each athlete is given an equal opportunity to compete fairly and perform to the best of their ability.
- ❖ Ensure the athletes are directed where required along the course.
- ❖ Ensure any turns or loops on the course are clearly marked to avoid confusion by the athletes.
- ❖ Act as another pair of eyes for the Referee.
- ❖ Report any infringements without fear or favour and without authority to make final decisions.
- ❖ Ensure the safety of athletes, calling first aid if an athlete is in need of medical attention.
- ❖ Note the number of athletes passing your checkpoint, report to the Meet Manager once they've all passed to ensure no athletes go missing on the course.

Equipment

Communication Device: To contact Referee, Chief of Officials or Meet Manager.

Clipboard: for holding Infringement Forms for noting details of infringements

List of Possible Infringements include:

COMPETITION AREA

- ❖ Receiving assistance from inside the competition area or leaving the immediate competition area.

Note: Athletes may communicate with anyone outside the competition area, so long as it doesn't disrupt the event

- ❖ Receiving assistance through the use of any type of device that can communicate with others.
- ❖ Physical pacing by persons not currently participating in the event.
- ❖ Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.
- ❖ Off Track "excursion" (infield or outside).
- ❖ Cutting corners.

RACE WALKING

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

Definition

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

Equipment

Walk Jackets or Numbers: Each venue should have enough numbered Walk Jackets or numbers to be able to conduct two consecutive events. Walk Jackets may be of one colour or of two different coloured sets with preferably sequential numbering.

Judging Pads: Each Walk Judge should be issued with a walk judge's pad for recording Yellow paddles and Red cards for each event. Walk judging slips are handed to the Chief Walk Judge (or their assistant) at the conclusion of the event.

Chief Walk Judge's Sheet: Each event requires a Chief Walk Judge's Master Sheet. An example may be obtained from the Office. The Chief Walk Judge is responsible for collating appropriate details based on reports received from the other walk judges. The completed Chief Walk Judge's Sheet indicates the total yellow paddles and red cards received by each athlete. The Chief Walk Judge then speaks to the athletes at the end of the race, and advises if any disqualifications have occurred. Having signed the sheet the Chief Walk Judge forwards numbers of the disqualified athletes to the recorders.

Race Walking Rules

There are two basic rules in Race Walking:

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

Methods of issuing a Yellow Paddle or Red Card

Walk Judges give:

- **Verbal Yellow Paddles:** for all age groups and where possible show the athlete a yellow paddle indicating the offence along with the verbal caution.
- **Verbal Red Cards:** up to and inclusive of the U11 age group.
- **Non-Verbal Red Cards:** for U12 and above age groups.

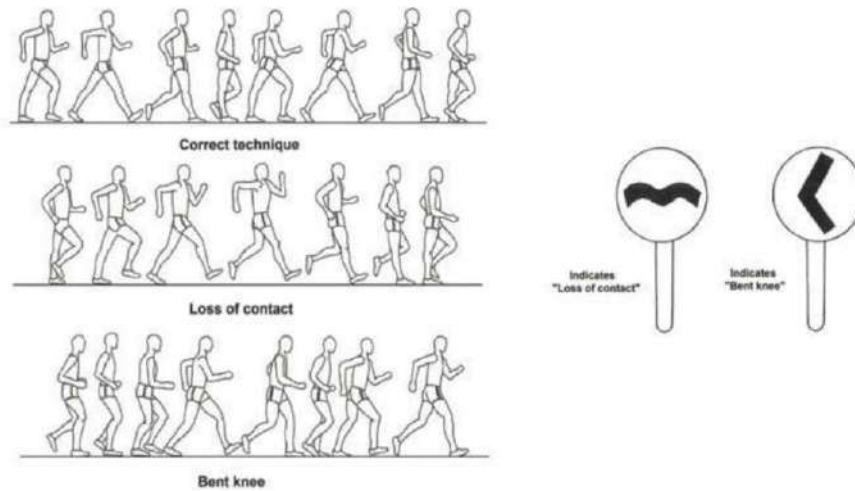
A Walk Judge may Yellow Paddle an athlete twice, once for Contact and once for Knees. However they cannot issue 2 for Knees or 2 for Contact.

EXAMPLES: U9 – U11 ATHLETES – VERBAL YELLOW PADDLES & RED CARDS

- Number 15: Caution 'Knees' - where possible show the Yellow paddle of the offence.
- Number 15: Caution 'Contact' - where possible show the Yellow paddle of the offence.
- Number 6: Red Card 'Knees'
- Athlete No 15 has received two Yellow paddles from the same Walk Judge; one for Knees and one for Contact.

Walk distances for each age group

- ❖ U6-8 – Walk of any distance not recommended
- ❖ U9 – 700 mts – all levels
- ❖ U10 – U11 – 1100 mts – all levels
- ❖ U12+ - 1500 mts – all levels



Process

- 1.** If a Walk Judge suspects there is the possibility of an athlete infringing the rules, the Walk Judge:
 - (a)** Issues a Yellow paddle informing the athlete immediately, "Number 15 Caution – Knees".
 - (b)** Record this Yellow paddle on your Walk Judges slip.
 - (c)** Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.
- 2.** If a Walk Judge notices a definite infringement the Walk Judge should:
 - (a)** Issue a Verbal Red Card (up to & including U11 age group), "Number 10 Red Card – Contact". All other age groups, the Red Card is silent and the athletes are not informed.
 - (b)** Record the Red Card listing the athlete's number and type of infringement on the judging slip.
 - (c)** Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.

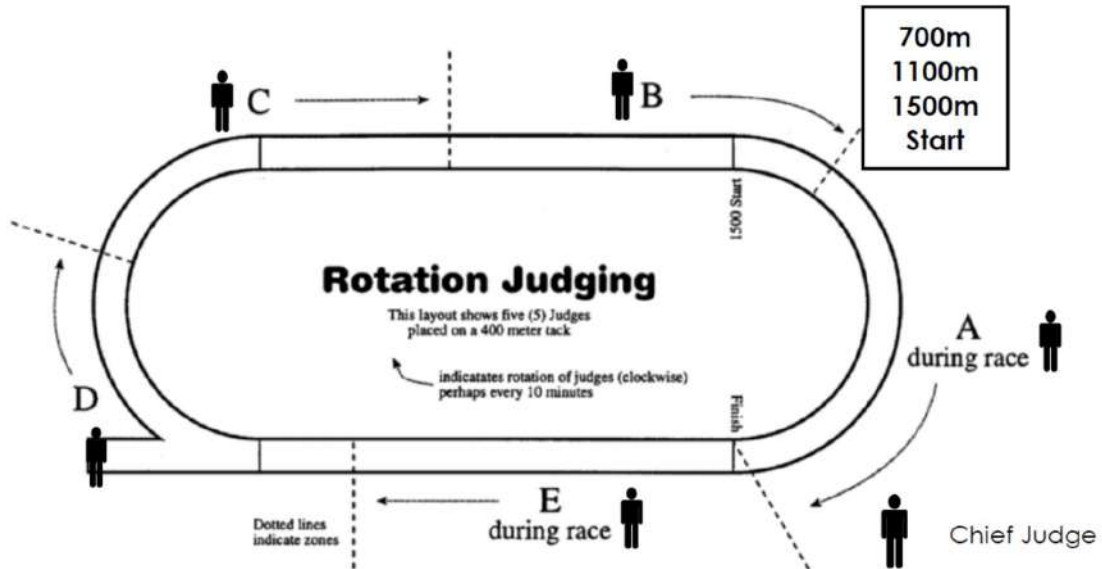
Note

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

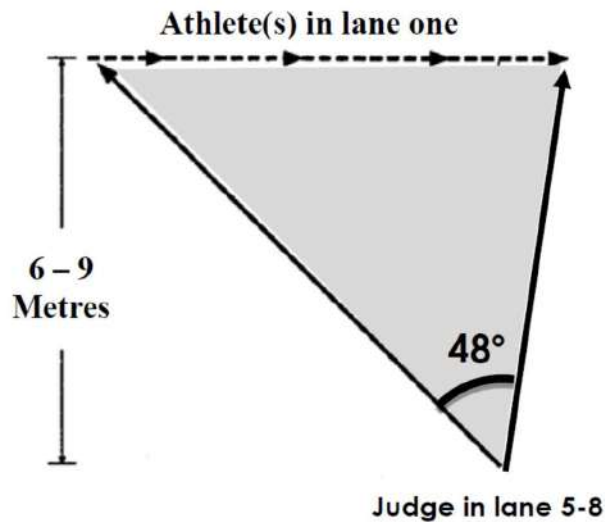
14. The Chief Walk Judge (or their Assistant) must instruct athletes on the rules of Race Walking and conduct of the event, prior to the start.

15. Walk Judges should be placed for maximum coverage of the track. Suggested positions are as diagram below:

Judging Sectors on Track



Proper Area of Observation



Disqualifications

The maximum number of walk Judges for a track event is six. The following will apply:

No. of Walk Judges	No. Of Red Cards for Disqualification
2 or 3	2
4 – 6	3



HIGH JUMP

Preparation for Event

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

Event Safety

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

Equipment

- **Uprights:** x 2 fitted with a suitable adjustable bracket for holding crossbar
- **Crossbar:** (circular in cross section) with square mounting blocks at each for resting bar on brackets
- **Measuring Stick:** or tape
- **Landing Bag:** minimum of 0.5m thick (recommended)
- **Scissor Bag:** 150mm – 300mm thick
- **Broom:** For keeping Run-up area clean
- **Marker/s:** For athletes to mark their run-up (tape) - allowed 2 markers.
- **Stopwatch:** To time athlete trials.

Officials Required

- **Two officials at the uprights:** to return the crossbar to the supports.
- **One official to judge the jump:** this official is the Chief Official for this event, at WCLAC this can also be the person returning the crossbar to the supports
- **One official to record, time and call up the next athlete.**

Measuring the Crossbar Height

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

WCLAC Rules

1. **U8, U9 & U10 Athletes** - are only allowed the scissor Jump attempt. The athlete must take off from the ground with one foot and land on the landing mat 'foot first' to be considered a legal attempt which will be adjudged by the chief official of the event
2. U11 athletes & above are allowed the flop technique.
3. Each athlete has a maximum of 8 jump attempts in total per competition. This includes an athlete's entitlement to 3 attempts per height. However, if an athlete is attempting the Centre Record they will be allowed 3 attempts at the record which may mean that the athlete has exceeded the 8 jump attempt centre rule. An athlete may only start the record attempt within their allocated 8 jump, not after. If an athlete achieves the Centre Record they will be awarded an extra 3 attempts per ongoing height attempted.
4. Before competition begins, the Chief Judge shall announce to the athletes the starting height & subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place.
5. Unless there is only one athlete left competing & they have won the event;
 - a) The bar must never be raised by less than 2cm in the High Jump after each round of trials
 - b) The athlete can nominate the height to be attempted.
 - c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table.

No of Athletes	Increment
Greater than 4	5cm
4 or less	2cm

These Rules 5 (a) & (c) will not apply once the athletes still competing agree to raise the bar to the Centre Record. After an athlete has won the competition, the height to which the bar is to be raised will be decided by the athlete, in consultation with the relevant Event Chief or Referee.

Note: This does not apply for a Combined-Events Competition where athletes are only entitled to 8 attempts in total.

6. Starting Heights for each age group;

Age	U8	U9	U10	U11	U12	U13	U14	U15&U16
Boys	0.60m	0.70m	0.80m	1.00m	1.10m	1.15m	1.20m	1.25m
Girls	0.60m	0.70m	0.80m	0.95m	1.05m	1.10m	1.15m	1.20m

7. An athlete may commence jumping at any height above the starting height as announced by the chief at the start of the event. The athlete has the right to pass a height announced by the chief and may re-enter the competition when the athlete decides to proceed.
8. All measurements shall be made, in whole centimetres, perpendicular from the ground to the lowest part of the upper side of the bar.
9. Any measurement of a new height shall be made by the Event Chief before athletes attempt such height. In all cases of Records, the Chief shall also recheck the measurement before each subsequent Record attempt if the bar has been touched since last measured.

All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.

10. **Time Allowance per Jump;** The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. Please refer to the table below for athlete allowance per Jump attempt.

Athletes remaining in competition	Time Allowance
All rounds of Competition	30 seconds
When only 2 – 3 athletes remain	1 min 30secs
When only 1 athlete remains	3 minutes
Consecutive trials	2 minutes

11. FAILURES – An athlete fails if;

- a) After the jump attempt, the bar does not remain on the supports because the athlete has made contact with the bar or uprights whilst jumping. **However:** When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust wind). If such displacement occurs after an athlete has cleared the bar without touching it, then the trial shall be considered successful, or if such displacement occurs under any other circumstances, a new trial shall be awarded.
- b) The athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when the athlete jumps & touches the landing mat with their foot and in the opinion of the judge, no advantage gained, the jump for that reason should not be considered a failure; or
- c) The athlete does not commence their jump within the allowed time frame (30 seconds) will be called a foul jump. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their jump as a warning to the athlete jumping.
- d) The athlete baulks at jumping for a second time in the one trial attempt.
- e) The athlete takes off with 2 feet.
- f) The athlete baulks at jumping for a second time in the one trial attempt.

12. After all other athletes have failed, the remaining athlete is entitled to keep jumping until he/she has forfeited his/her right to continue jumping.

13. PLACINGS: (Note: It is a “Least Failures” System, NOT a “Count Back” System)

If two or more athletes clear the same final height the procedure to decide the places will be the following;

- i. The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
- ii. If the athletes are equal following the application of Rule G.4, the athlete with the lowest total of failures throughout the competition up to & including the height last cleared, shall be awarded the higher place.
- iii. If the athletes are still equal following the application of Rule G.4, the athletes concerned shall be awarded the same place unless it concerns first place.
- iv. If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with Rule 11 unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

14. TIES – First Place Only – Jump Off

- a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decided not to jump further
- b) Each athlete shall have one jump at each height.
- c) The jump-off shall start at the next height determined in accordance with Rule G.4 after the height last cleared by the athletes concerned.
- d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm.
- e) If an athlete is not jumping at a height, he/she automatically forfeits any claim to a higher place. If only one other athlete, then remains he/she is decided the winner regardless of whether he/she attempts that height.
- f) Each athlete shall be credited with the best pf all their trials, including those achieved in resolving a tie for first place.

LONG JUMP

Preparation for Event

- Ensure sand in the pit is level with run-up.
- Sand may need to be watered if it is dry.
- Allow athletes a practice jump(s) to check their run up if possible.
- Markers (max 2) 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-U8: should not be less than 500mm or more than 2 metres.
 - U9 and above: should not be less than 500mm and not more than 3 metres.

Event Safety

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

Equipment

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

U6-U8	1.22m x 1.0m	mat with thin layer of sand
U9-U10	1.22m x 0.5m	mat with thin layer of sand
U11 and above	1.22m x 0.2m	tape/board

- **Note:** If the runway is less than 1.22m wide the width of the mat should be reduced to the width of the runway
- **Tape Measures:** 1 for measuring (20 metres), 1 for Run ups (50metres)
- **Rake/Broom:** To level the landing area sand after each trial
- **Broom:** For keeping Runway clear of sand
- **Shovel:** For digging over landing area and moving sand
- **Bucket/Hose/Watering Can:** For keeping sand damp
- **Hand Brush:** To sweep take-off area after each jump

- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the athlete on landing.
- **Recording Sheet:** For recording all performances
- **Marker:** For athletes to mark the start point of their run-up, an additional (longer) tape may be made available for use by the athletes to measure their run-up

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring. (see measuring the jump) – At WCLAC this is the Chief Official
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording, calling next athlete and timing.**

WCLAC Rules

- If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.
- The pit and the take-off area must be levelled after each jump.
- **All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.**
- **Time Allowance per Jump:** The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their jump once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between jumps.

FAILURES

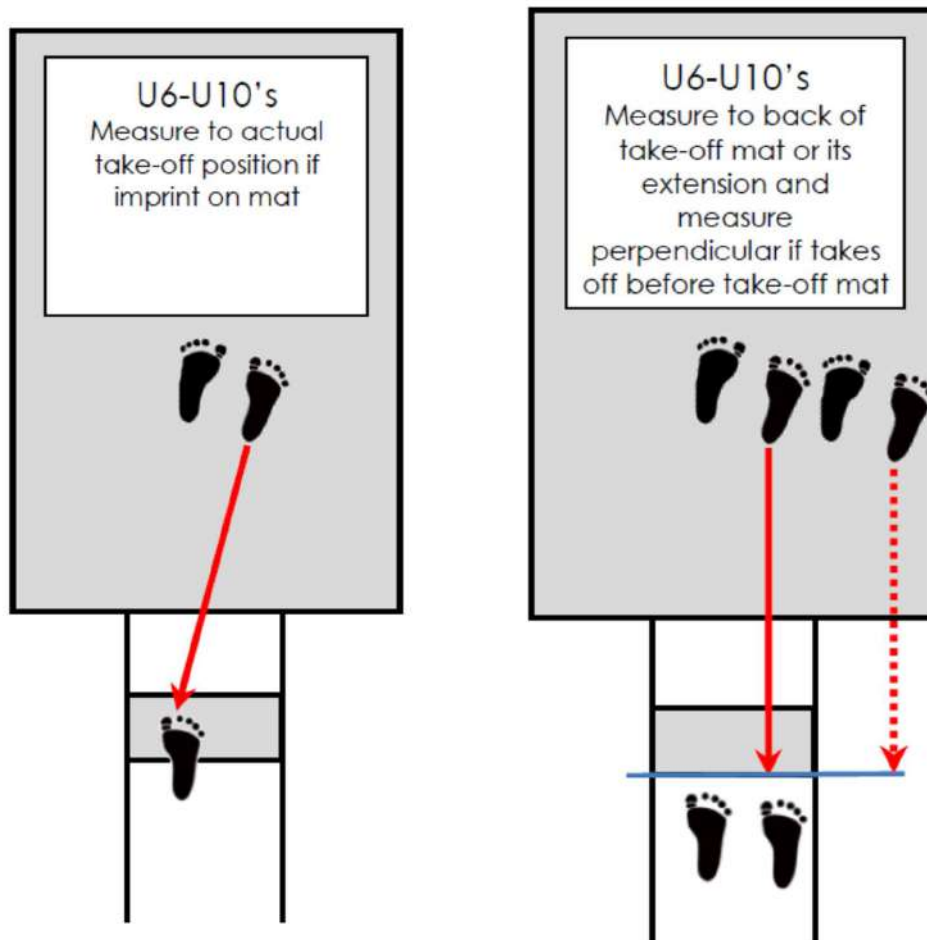
- If the athlete places any part of the take-off foot over the edge of the take-off area closest to the pit, this will be deemed as a FAILURE.
- If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a FAILURE.
- The athlete does not commence their jump within the allowed time frame will be called a foul jump. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their jump.

TIES

- The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this rule, it shall be determined to be a tie.
- Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for first place.

U6-U8 Athletes

- Will be entitled to 2 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).
- Will jump from a mat measuring 1.00 x 1.00 covered with sand.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped.
- In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the back edge of the take-off area, i.e. furthestmost from the landing area. This allows a jump to be recorded without unduly penalising the athlete.



U9-U10 Athletes

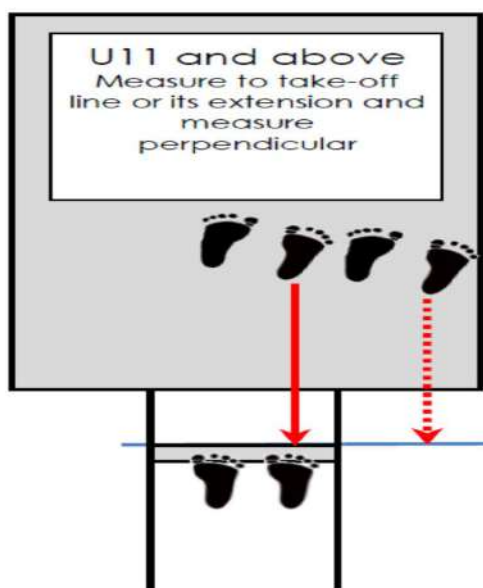
- Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).
- Will jump from a mat measuring 1.22m x 0.5m covered with sand
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped.
- In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthestmost from the landing area. This allows a jump to be recorded without unduly penalising the athlete.

U11-U16 Athletes

- Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).
- The take-off board must measure 1.22m x 0.2m.
- U11 athletes will jump from the first take-off board from the pit, U12 & above athletes will jump from the second take-off board from the pit.
- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

All age groups are entitled to 3 jumps at the Whittlesea City Championship competition.

(U6 do not compete at the Whittlesea City Championship competition).



TRIPLE JUMP

Definition

- The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:
 - **Hop:** During the hop the athlete uses the same foot for take-off and landing.
 - **Step:** Athlete lands on the opposite foot (to that used for the hop).
 - **Jump:** Athlete performs a jump from the "step" foot and lands in the pit.

Event Safety

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

Preparation for Event

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

Equipment

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

U6 – U10	Not an approved Event	
U11 and above	1.22m x 0.2m	tape/board

NOTE : U6-U10 Triple Jump is not offered at Centre, Region or State level.

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

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring (see below for measuring the jump). At WCLAC this is the Chief Official
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see below for measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording, calling next athlete and timing.**

WCLAC Rules

- The Triple Jump shall consist of a hop, a step and a jump in that order.
- The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg.
- If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.
- The pit and the take-off area must be levelled after each jump.
- **Time Allowance per Jump:** The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their jump once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between jumps.
- Each competitor will be entitled to (3) jumps (unless otherwise directed by the Arena Manager or by a Centre Executive).
- The Triple Jump set up starts at the 5m take off board. Athletes can nominate their take off board mark and notify the event chief before competition commences. Take off boards are as follows: **5m, 6m, 7m, 8m, 9m 11 & 13m**. Athletes may use the **4m** take off board if they have difficulty reaching the pit under the event chief’s discretion for safety reasons.
- An athlete may change their take-off board during competition. Athletes must notify the chief of the change prior to the commencement of the jump.

FAILURES

- If the athlete touches the ground beyond the take-off line with any part of his/her body, whether running up without jumping or in the act of jumping; it will be considered a FAILURE.
- If the athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line; it will be considered a FAILURE.
- If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a FAILURE.
- The athlete does not commence their jump within the allowed time frame will be called a foul jump. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their jump.

TIES

- The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this rule, it shall be determined to be a tie.
- Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for first place.

U11 - U16 Athletes

- The take-off board must measure 1.22m x 0.2m.
- All jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to front edge of the imprint made by the take-off foot. The distance will be measured to the nearest whole centimetre.

Measuring

- All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.

ATHLETES WITH A DISABILITY – JUMPING EVENTS

The Long Jump event is the most simple for Little Athletes. Multi-Class athletes may participate in Triple Jump and High Jump but it would depend on the ability of the individual athletes.

Hearing Impairment

- Jumping events are conducted as an able bodied event.
- Use hand signals to instruct the athlete to take their jump.

Intellectual Impairment

- Jumping events are conducted as an able bodied event.
- At Centre level it may be necessary to place a mat for Multi-Class athletes for provide a larger take off area, so they can concentrate on the jump rather than the take-off.
- It may also be necessary to place the mat closer to the pit, than the marked take off board to ensure the jump is made into the sand.

Visual

- Athletes with complete blindness are guided by the voice or clap of a guide standing at the take-off board. A larger take off space is used.
- At a Centre level, the athlete can do the whole run up with a guide of parent.
- Depending on the level of vision, it would be recommended to use a mat to jump from for all age groups.

Physical

- Jumping events are conducted as an able bodied event.
- At a Centre level it may be necessary to place a mat for Multi-Class athletes for provide a larger take off area, so they can concentrate on the jump rather than the take-off.
- It may also be necessary to place the mat closer to the pit, than the marked take off board to ensure the jump is made into the sand.



DISCUS

Event Safety

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

Officials Required

- **One official at throwing circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle. At WCLAC this is the Chief Official
- **Two officials at side of Sector.** Tasks include locating and marking the point of impact of the discus.
- **One official for recording, calling next athlete and timing.**

Equipment

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

All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.

- ❖ An athlete shall not leave the circle until the implement has touched the ground.
- ❖ When leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the centre white line, which is drawn outside the circle running, theoretically, through the centre of the circle.
Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

FAILURES: It shall be a failure if an athlete in the course of a trial:

- After he/she has stepped into the circle and begun to make a throw, touches with any part of the outside circle, top of the outer rim with any part of their body will be deemed a no throw.
- It shall be a failure if the Discus, in contacting the ground when it first lands touches the sector line or lands outside marked sector lines.
- If the athlete does not exit the Discus ring behind the central white line after their throw. If an athlete steps or touches any part of the central white line when exiting this will be deemed a no throw. Best practice is to exit out the back of the ring.
- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their throw.

Weights for each age group;

Age Group	Weight	Construction
U6, U7 & U8	350g	Compound
U9, U10 & U11	500g	Compound
U12 & U13	750g	Compound, Plastic or wood with metal rim
U14, U15 & U16	1kg	Compound, Plastic or wood with metal rim

- U6 – U8 will be entitled to (2) throws during regular competition. (Unless otherwise directed by the Arena Manager, Chief of Officials or by a Centre Executive).
- U9 – U16 will be entitled to (3) throws during regular competition. (Unless otherwise directed by the Arena Manager, Chief of Officials or by a Centre Executive).

All age groups are entitled to 3 throws at the Whittlesea City Championship competition. (U6 do not compete at the Whittlesea City Championship competition)

SHOT PUT

Event Safety

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

Equipment

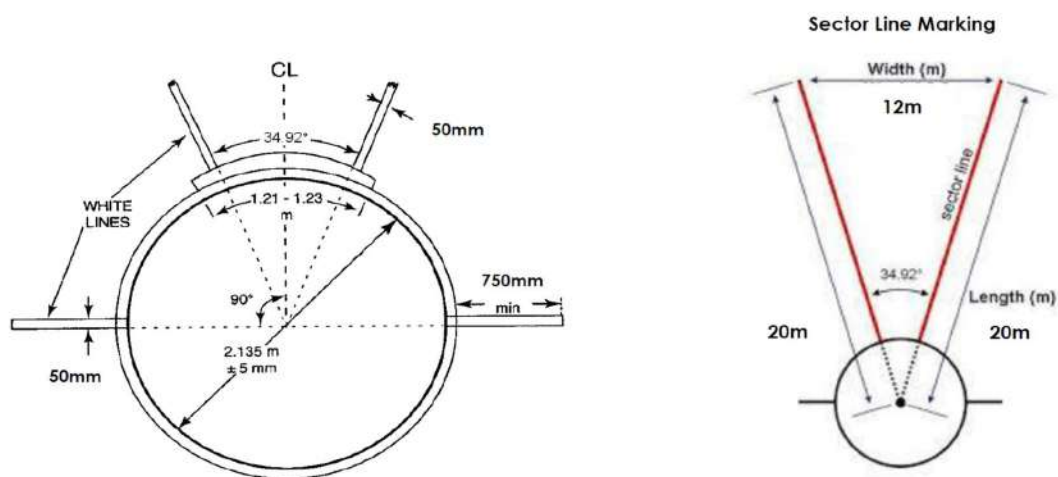
- **Sector and Circle:** Clearly marked (as below)
- **Tape Measure:** (20 metres)
- **Shot:** (as specified below, provided by the Organising Committee)
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the shot on landing
- **Recording Sheet:** For recording all performances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

Officials Required

1. **One official at putting circle:** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle. At WCLAC this is the Chief Official.
2. **Two officials at side of Sector:** Tasks include locating and marking the point of impact of the shot and returning the shot to the circle.
3. **One official for recording, calling next athlete and timing.**

Venue Dimensions

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



LAYOUT OF SHOT CIRCLE

WCLAC Rules

- The shot shall be put from the shoulder with one hand only. At the time an athlete commences a put, the shot shall touch or be in close proximity to the neck or the chin and the athlete takes a stance in the circle the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
- In the Shot Put, implements shall be thrown from a circle. In the case of trials made from a circle. An athlete shall commence his/her trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the shot Put, he/she is allowed to touch the inside of the stop board.
- Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.
- **Time Allowance per throw:** The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their throw once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between throws.
- A distinctive flag or marker will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition.

(This is a Centre Ruling Only for weekly competition. For Centre Championship each throw will be measured & recorded)

- All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- From the nearest mark made by the fall of the shot, to the inside of the circumference of the circle along a line to the centre of the circle.

All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.

- An athlete shall not leave the circle until the implement has touched the ground.
- When leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the centre white line, which is drawn outside the circle running, theoretically, through the centre of the circle.
Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

FAILURES: It shall be a failure if an athlete in the course of a trial:

- Releases the shot other than as permitted as per description of first point above
- After he/she has stepped into the circle and begun to make a throw, touches with any part of the outside circle, top of the stop board or top edge of the outer rim with any part of their body will be deemed a no throw.
- It shall be a failure if the Shot, in contacting the ground when it first lands touches the sector line or lands outside the marked sector lines.
- If the athlete does not exit the Shot Put ring behind the central white line after their throw. If an athlete steps or touches any part of the central white line when exiting this will be deemed a no throw. Best practice is to exit out the back of the ring.
- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their throw.

Weights for each age group;

Age Group	U7	U8	U9, U10, U11 & U12	U13, U14, Girls: U15 & U16	Boys: U15 & U16
Weight	1.00kg	1.50kg	2.00kg	3.00kg	4.00kg

- U6 – U8 will be entitled to (2) throws during regular competition.
 - (Unless otherwise directed by the Arena Manager, Chief of Officials or by a Centre Executive).
- U9 – U16 will be entitled to (3) throws during regular competition.
 - (Unless otherwise directed by the Arena Manager, Chief of Officials or by a Centre Executive).

All age groups are entitled to 3 throws at the Whittlesea City Championship competition.

(U6 do not compete at the Whittlesea City Championship competition)

JAVELIN

Warning: Javelins are dangerous Implements

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

Event Safety

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

Equipment

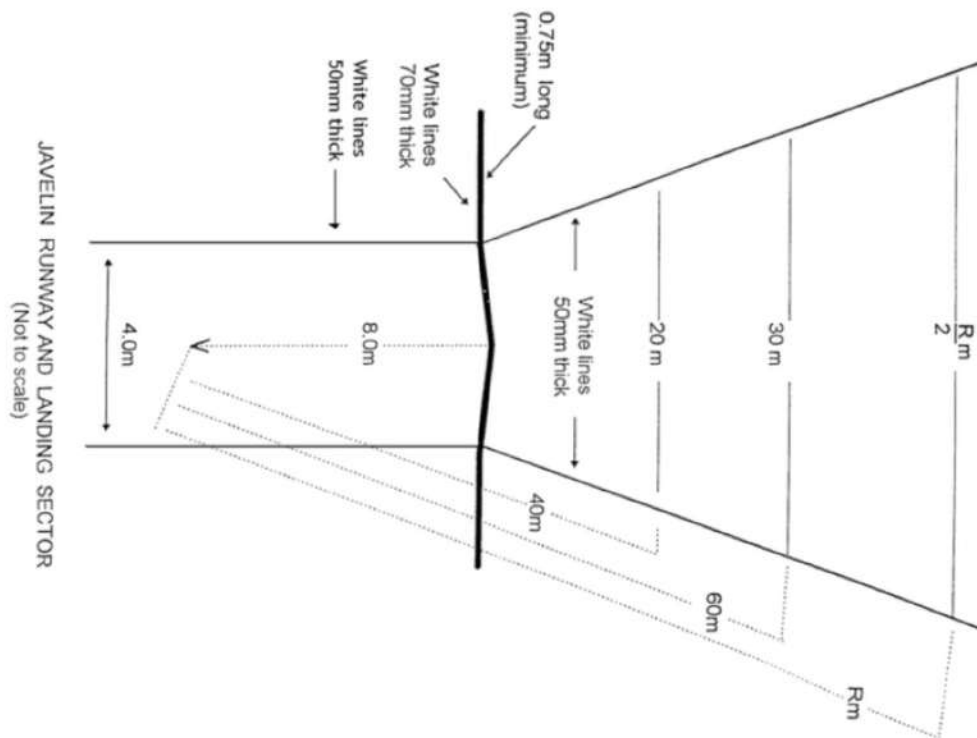
- **Runway:** Clearly marked (as below)
- **Tape Measure:** (50-100 metres)
- **Javelin:** (As specified below and provided by Organising Committee)
- **Spike:** To hold zero end of tape where the tip of the metal head first struck the ground.
- **Recording Sheet:** For recording all performances at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

Officials Required

1. **One official at throwing arc.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle of which the arc is a part (8mts from the arc). At WCLAC this is the Chief Official
2. **Two officials at side of the Sector.** Tasks include finding and marking the point of impact of the javelin tip and returning the javelin.
3. **One official for recording, calling next athlete and timing.**

Venue Dimensions

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



WCLAC Rules

- All Javelin throws shall be made from a runway.
- The Javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
- A throw shall be valid only if the tip of the metal end strikes the ground before any other part of the javelin.
- Until the Javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.
- **Time Allowance per throw:** The Chief Official responsible shall indicate to an athlete that all is ready for the trial to begin. An athlete has **30 seconds** to complete their throw once they have acknowledgment by the Chief Official. Consecutive trials: **2 minutes** in between throws.
- A distinctive flag or marker will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition.

(This is a Centre Ruling Only for weekly competition. For Centre Championship each throw will be measured & recorded)

- All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- From where the tip of the Javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.
-

All achieved records must be signed off by the Arena Manager, Chief of Officials or a Centre Executive.

- An athlete shall not leave the runway until the implement has touched the ground.
- In the case of a Javelin throw, when an athlete leaves the runway, the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly.

FAILURES: It shall be a failure if an athlete in the course of a trial:

- Release the Javelin other than as permitted under Rules J.1.
- Touches with any part of his body the lines which mark the runway or the ground outside.
- It shall be a failure if the Javelin, in contacting the ground when it first lands touches the sector line or lands outside the marked sector lines.
- If the athlete does not exit the Javelin Runway behind the foul line after their throw. If an athlete steps or touches any part of the foul line when exiting this will be deemed a no throw.
- The athlete does not commence their throw within the allowed time frame will be called a foul throw. The event Chief will raise a flag to notify the athlete that they have 15 seconds left to commence their throw.

Weights for each age group;

Age Group	Nominal Weight
U10 (Turbo Javelin)	300g
U11, U12, U13G & U14G	400g
U15G & U16G	500g
U13B & U14B	600g
U15B & U16B	700g

U10 – U16 will be entitled to (3) throws during regular competition.
(Unless otherwise directed by the Arena Manager, Chief of Officials or by a Centre Executive).

All age groups are entitled to 3 throws at the Whittlesea City Championship competition.
(Note: Turbo Javelin is not offered at the Whittlesea City Championship competition)

ATHLETES WITH A DISABILITY – THROWING EVENTS

Hearing Impairment Throwing events are conducted as an able bodied event.

- Use hand signals to instruct and guide the athlete to take their position in the circle.

Intellectual Impairment Throwing events are conducted as an able bodied event.

- Lighter implements may be used if athletes don't have the strength to use the weight of their own age group. The athlete and Centre may judge this case by case.

Visual Impairment

Athletes will be walked into the throwing circle by a guide and then allowed to throw by themselves.

- Once in position the athletes can make the throw, ensuring all athletes and officials are clear of the throwing area as per usual safety standards.

Physical Impairment Athletes with physical impairments aren't required to use a specific throwing chair. They may roll into the circle in their day chair and lock the brakes.

- Athletes with limb deficiencies may need assistance of a guide or parent to get set in position and handle the implements. Once in position the athletes can make the throw, ensuring all athletes and officials are clear of the throwing area as per usual safety standards.
- Lighter implements may be used if athletes don't have the strength to use the weight of their own age group. The athlete and Centre may judge this case by case.

EQUIPMENT SPECIFICATIONS

Hurdles

Distance	Age Group	Flights	Height of Hurdles	Distance To 1st Hurdle	Distance Between Hurdles	Distance to Finish
60m	U6	Max 6	Max 20cm			
	U7	Max 6	Max 30cm			
	U8	Max 6	Max 45cm			
60m (Orange)	U9	6	45cm	12m	7m	13m
	U10, U11	6	60cm	12m	7m	13m
80m (Black)	U12	9	68cm	12m	7m	12m
	U13, U14G	9	76cm	12m	7m	12m
90m (White)	U14B, U15G, U16G	9	76cm	13m	8m	13m
100m (Yellow)	U15B, U16B	10	76cm	13m	8.5m	10.5m
200m (Green)	U13	5	68cm	20m	35m	40m
	U14	5	76cm	20m	35m	40m
300m (Green)	U15, U16	7	76cm	50m	35m	40m

Field Implements

Age Group	Boys			Age Group	Girls		
	Shot Put	Discus Throw	Javelin Throw		Shot Put	Discus Throw	Javelin Throw
U6	1kg	350g	Vortex 300g	U6	1kg	350g	Vortex 300g
U7	1kg	350g	Vortex 300g	U7	1kg	350g	Vortex 300g
U8	1.5kg	500g	Vor/Turbo Jav 300g	U8	1.5kg	500g	Vor/Turbo Jav 300g
U9	2kg	500g	Vor/Turbo Jav 300g	U9	2kg	500g	Vor/Turbo Jav 300g
U10	2kg	500g	Vor/Turbo Jav 300g	U10	2kg	500g	Vor/Turbo Jav 300g
U11	2kg	500g	400g	U11	2kg	500g	400g
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15	4kg	1kg	700g	U15	3kg	1kg	500g
U16	4kg	1kg	700g	U16	3kg	1kg	500g

Triple Jump		Long Jump		
Age Group	Front Edge Of Mat Or Board From Edge Of Pit (Suggested Only)	Age Group	Take Off Area	Front Edge Of Mat Or Board From Edge Of Pit
U6-U10	Not Approved	U6 – U8	1.0m Mat	Min 0.5m – Max 2m
U11, U12G	5/6/7/8m	U9 – U10	0.5m Mat	Min 0.5m – Max 3m
U12B	6/7/8/9m	U11 – U16	0.2m Board	Min 0.5m – Max 3m
U13	7/8/9m			
U14 - U16	7/8/9/11/13m			

EVENT MATRIX

EVENT	6	7	8	9	10	11	12	13	14	15	16
Standing start		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Crouch start						✓	✓	✓	✓	✓	✓
Blocks						✓	✓	✓	✓	✓	✓
60m		✓									
70m		✓	✓	✓	✓						
100m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
300m		✓	✓								
400m				✓	✓	✓	✓	✓	✓	✓	✓
800m				✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓
Race Walk				700m	1100m	1100 m	1500m	1500m	1500m	1500m	1500m
Hurdles - Girls			60h	60h	60h	60h	80h	80h/200h	80h/200h	90h/300h	90h/300h
Hurdles - Boys			60h	60h	60h	60h	80h	80h/200h	90h/200h	100h/300h	100h/300h
LJ		mat	mat	mat	mat	1st board	board	board	board	board	board
HJ			SJ	SJ	SJ	F	F	F	F	F	F
TJ						board	board	board	board	board	board
SP - Girls		1.0 kg	1.5 kg	2.0kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	3.0kg	3.0kg
SP - Boys		1.0 kg	1.5 kg	2.0kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	4.0kg	4.0kg
DISC - Girls		350 g	350 g	500g	500g	500g	750g	750g	1.0kg	1.0kg	1.0kg
DISC - Boys		350 g	350 g	500g	500g	500g	750g	750g	1.0kg	1.0kg	1.0kg
JAV - Girls					TURBO	400g	400g	400g	400g	500g	500g
JAV - Boys					TURBO	400g	400g	600g	600g	700g	700g

OTHER RESOURCES

There are a number of online resources available to you to help build knowledge and to give assistance when embarking on your journey.

We have listed three sites which we believe will be beneficial to you when starting out to officiate.

Competition Rules

LAVic Region & State Competitions are conducted in accordance with the Competition Rules and Competition Regulations.

These Competition Rules & Regulations can be found on the LAVic website

www.lavic.com.au

Competition > Rules & Regulations

Australian Sports Commission - Introductory Level Officiating General Principles online course

The Introductory Community Officiating General Principles online course has been developed to assist officials in learning the basic skills they will need to officiate effectively.

ABOUT THE COURSE

The course contains three modules, which cover a range of general officiating topics, including ethical responsibilities of officials, preparation for officiating, safety, communication, dealing with conflict and people management. The course takes approximately four hours to complete, and there is assessment included within the course. Officials have six months to complete the course after they register.

ENROLLING

To enrol in the course, go to the Australian Sports Commission's Online learning portal. Create an account with your email and a password. You then can complete the online courses.

WEBSITE:

<https://learning.ausport.gov.au>



Play by the Rules

- ✚ The website is a comprehensive portal which provides the latest news, articles, events, tools and resources around safe, fair and inclusive sport. The site provides information on commonly occurring issues in sport, including what the law says about the matter, and provides practical ideas by your role (e.g., coach, official, player) about 'what to do now' and 'what to do next'. There's information on managing risks, dealing with complaints and template codes and policies for clubs to download and adapt for their own use. There are also fact sheets, guides and links on where to get additional help.
- ✚ As background, the Victorian Government introduced compulsory minimum standards that apply to organisations that provide services for children to help protect children from all forms of abuse. The child safe standards now apply to LAVic and the Affiliated Centres of LAVic as part of Phase 2 of implementation and compliance.

In complying with the 7 child safe standards, an entity to which the standards apply must include the following principles as part of each standard:

- promoting the cultural safety of Aboriginal children
- promoting the cultural safety of children from culturally and/or linguistically diverse backgrounds
- promoting the safety of children with a disability.

To create and maintain a child safe organisation, LAVic and our Affiliated Centres must have:

- Standard 1: Strategies to embed an organisational culture of child safety, including through effective leadership arrangements
- Standard 2: A child safe policy or statement of commitment to child safety
- Standard 3: A code of conduct that establishes clear expectations for appropriate behaviour with children
- Standard 4: Screening, supervision, training and other human resources practices that reduce the risk of child abuse by new and existing personnel
- Standard 5: Processes for responding to and reporting suspected child abuse
- Standard 6: Strategies to identify and reduce or remove risks of child abuse
- Standard 7: Strategies to promote the participation and empowerment of children.

Part of the Action Plan is for LAVic officials & volunteers to do some online training, in the following two modules of the Play by the Rules.

1. PBTR - Child Protection
2. PBTR - Harassment and Discrimination

<http://www.playbytherules.net.au/interactive-scenarios/free-online-training>

Play by the Rules is an initiative of the Australian Sports Commission, and therefore is fully funded. You will get a certificate at the end of each module as proof that you successfully completed it.

For a complete overview of child safety, the Play by the Rules website can be accessed here.

<http://www.playbytherules.net.au>

Blank page