



CAULFIELD LITTLE ATHLETICS CLUB
RULES OF COMPETITION
2019/2020

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Your Role as an Official

You may think that your role as an Official 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 is 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 regard 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.



Starting Procedure

The Starter indicates the race is about to start by blowing a whistle, then the start commands as follows:

For laned events: **“On Your Marks”, “Set”, “Start Signal (gun or horn)”**

For unlaned events (including 800m started in lanes):

“On Your Marks”, “Start Signal (gun or horn)”

All athletes will be 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. However, while U11 athletes can use blocks, most athletes struggle with performing correct crouch starts using blocks, until their U13 or U14 year.

Please note, it is recommended that athletes perform a standing start until they are proficient at a crouch start and then move to the use of blocks.

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. Note: The number of false starts that leads to disqualification for U7 – U9 is 3 false starts.

Track Umpiring

FOR LANED EVENTS

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

FOR HURDLES

- Arms/legs into adjoining lanes.
- Legs passing outside of hurdles (lanes 1 & 8).
- Lead / Trail leg passing below the hurdle in the case of 200 / 300m hurdles where some of the hurdles are staggered.
- Falling into adjoining lane (as in laned).

FOR UNLANED EVENTS

- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.
- Off Track "excursion" (infield or outside).

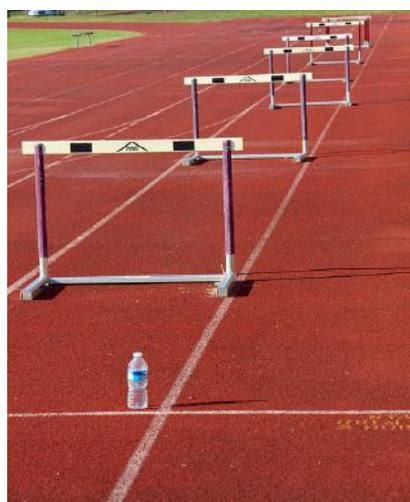
Hurdles

Hurdle Set Up:

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).

| Race Distance & Colour track mark | No. Hurdles | Age Group | Height of Hurdles | Distance to First Hurdle | Spacing between Hurdles | Distance to Finish Line |
|-----------------------------------|-------------|---|------------------------------|--------------------------|-------------------------|-------------------------|
| 60m (Orange) | 6 | U8 Girls & Boys U9 Girls & Boys U10 Girls & Boys | 45cm 60cm | 12m | 7m | 13m |
| 80m (Black) | 9 | U11 Girls & Boys U12 Girls & Boys U13 Girls & Boys U14 Girls | 60cm 68cm 76cm 76cm | 12m | 7m | 12m |
| 90m (White) | 9 | U14 Boys U15 & U16 Girls | 76cm | 13m | 8m | 13m |
| 100m (Yellow) | 10 | U15 & U16 Boys | 76cm | 13m | 8.5m | 10.5m |
| 200m (Green) | 5 | U13 Girls & Boys U14 Girls & Boys | 68cm 76cm | 20m | 35m | 40m |
| 300m (Green) | 7 | U15-U16 Girls & Boys | 76cm | 50m | 35m | 40m |

- Check the track conditions. In wet conditions, tracks can become very slippery, which can make Hurdles a very dangerous event for the athletes. Safety is paramount in all events. Equipment
- 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.

Race Walking

Definition

Race Walking requires the racer to maintain continual foot contact with the ground and to keep the supporting leg straight at the knee when that leg is directly below the body. It is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened, (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

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.

These are the only rules for which an athlete may receive a report.

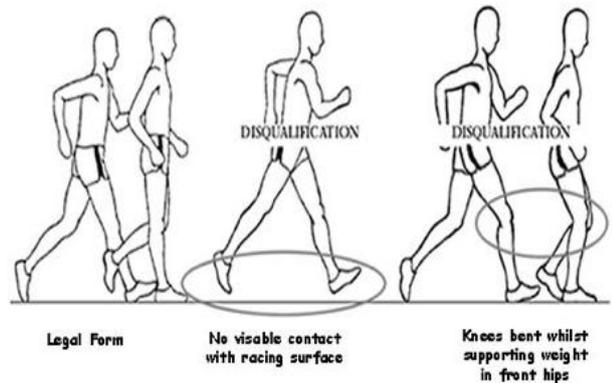
The term **REPORT** means one or both of the rules have been broken.

The term **CAUTION** means a warning. The rules haven't been broken but by continuing in such a manner they most probably will be.

An athlete may safely receive 2 **CAUTIONS** from every judge, 1 for contact and 1 for knees, but if three **REPORTS** are received, the athlete will be disqualified.

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.

The maximum number of Walk Judges for a track event is six.

The following should apply:

| No. of Walk Judges | No. of Red Cards for Disqualification |
|---------------------------|--|
| 2 or 3 | 2 |
| 4 - 6 | 3 |

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.

Equipment

- Tape measure: (100 meters)
- Assorted javelins (as specified below)
- Spike for marking impression in grass

Javelin Weights

| Age Group | Javelin Type | Weight |
|-------------------------------|---------------|-----------|
| U9-U10 Girls & Boys | Turbo Javelin | 300 grams |
| U11-U12 Boys U11-U14 Girls | Javelin | 400 grams |
| U15-U16 Girls | Javelin | 500 grams |
| U13-U14 Boys | Javelin | 600 grams |
| U15-U16 Boys | Javelin | 700 grams |

SETUP – Officials

Organise parents for the following tasks:

- One parent on measuring spike
- One parent to measure distance and check for foul throws
- One parent to marshall athletes and record measurements

Event Safety

The measurer 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 measurer 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.

Number of Throws

- Each athlete will have 3 throws, one at a time (Not in a row)
- Allow athletes a practice throw to check their run-up if possible

Valid Throw

- The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted.
- At no time during the throw, until the javelin has been launched into the air, may the athlete turn completely around, so that their back is toward the throwing arc. The athlete cannot turn their back to the throwing arc until the javelin has been launched into the air

- A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but the tip must make an imprint in the grass.
- When a javelin descends at a low angle to the ground it may bounce shortly before producing what looks like a fair landing. This must be carefully watched to see where the tip impacts first.
- The athlete must not leave the runway until the javelin has impacted the ground.
- When leaving the runway, the athlete must not move forward into the throwing arc.
- The athlete may, during the course of each trial, stop and place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that no other infringement has occurred.



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Method of Measurement

The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the center of the circle of which the arc is part.

The spike marks the selected point and the zero end of the tape is held at the spike. The tape is drawn tight through the center of the circle of which the arc is a part (8mts from the arc)

The distance is measured at the point where the tape crosses the inner edge of the runway arc.

Each measurement is to the nearest cm below the distance thrown.

Recording

| Athlete | 1st Throw | 2nd Throw | 3rd Throw | Best | Place |
|----------------|-----------------------------|-----------------------------|-----------------------------|-------------|--------------|
| A | 24.75 | NT | 24.62 | 24.75 | 4 |
| B | 25.35 | 24.92 | 25.87 | 25.87 | 2 |
| C | 24.65 | 24.35 | 24.75 | 24.75 | 3 |
| D | 25.87 | 25.35 | 25.05 | 25.87 | 1 |
| E | X | X | X | ND | ND |

- D beat B on countback to 3rd Best Throw
- C beats A on countback to 2nd Best Throw
- X should be used to indicate an Invalid Throw

Discus

Equipment Needed

- Measuring tape (Min 50 meters)
- Spike for marking impression of Discus
- Sector lines markers/flags

Discus Weights

| Age Group | Weight |
|----------------------|-----------|
| U7 Girls & Boys | 350 grams |
| U8-U11 Girls & Boys | 500 grams |
| U12-U13 Girls & Boys | 750 grams |
| U14-U16 Girls & Boys | 1kg |

SETUP – Officials

Organise parents for the following tasks:

- One parent on measuring spike
- One parent to measure distance and check for foul throws
- One parent to marshall athletes and record measurements

Number of Throws

Each athlete will have 3 throws, normally one at a time. However, due to time constraints and if marker pegs are available, an athlete may take 3 throws consecutively, with only the furthest to be measured.

Valid Throw

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



Method of Measurement

- Officials select the imprint mark made by the discus.
- 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 center of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown.
- If the discus hits the cage and deflects back into the sector it shall be a valid trial and measured providing no other infringement occurs.

Recording

| Athlete | 1st Throw | 2nd Throw | 3rd Throw | Best | Place |
|----------------|-----------------------------|-----------------------------|-----------------------------|-------------|--------------|
| A | 14.75 | X | 14.62 | 14.75 | 3 |
| B | 15.35 | 14.92 | 15.88 | 15.88 | 1 |
| C | 14.65 | 14.35 | 14.75 | 14.75 | 2 |
| E | X | X | X | NM | NM |

- X should be used to indicate an Invalid Throw
- Results will always show “NM” when an athlete fails to record a measurable trial

Shot Put

Equipment Needed

- Measuring tape (Min 20 meters)
- Spike for marking impression of shot put

Shot Put Weights

| Age Group | Weight |
|---------------------|--------|
| U6-U7 Girls & Boys | 1kg |
| U8 Girls & Boys | 1.5kg |
| U9-U12 Girls & Boys | 2kg |
| U13-U16 Girls | 3kg |
| U13-U14 Boys | |
| U15-U16 Boys | 4kg |

SETUP – Officials

- Organise parents for the following tasks:
- One parent on measuring spike
- One parent to measure distance and check for foul puts
- One parent to marshall athletes and record measurements

Number of Puts

Each athlete will have 3 puts, normally one at a time. However, due to time constraints and if marker pegs are available, an athlete may take 3 throws consecutively, with only the furthest to be measured.

Valid Put

- The put must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the shot has landed.
- The athlete must not touch the top of the circle or stop/kick board, or the ground outside the circle during the put with any part of their body. They are allowed to touch the inside of the circle or stop/kick board.
- The shot must land in a manner whereby the 'impact mark' is within the inner edges of the lines marking the sector.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- The shot shall be put from the shoulder with one hand only. At the start of the put, the shot shall touch or be in close proximity to the neck or chin and shall not be dropped below this position during the action of putting.
- The shot must not be brought from behind the line of the shoulders.
- The athlete may during the course of each put, stop and place the shot down in the circle and then recommence the put again, providing that no other infringement has occurred.

Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice puts with or without implements.



Method of Measurement

- Officials select the 'imprint mark' made by the shot on landing.
- 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 center of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance put

Recording

| Athlete | 1 st Throw | 2 nd Throw | 3 rd Throw | Best | Place |
|---------|-----------------------|-----------------------|-----------------------|------|-------|
| A | 4.76 | X | 4.62 | 4.76 | 3 |
| B | 5.88 | 5.35 | 4.76 | 5.88 | 1 |
| C | 5.35 | X | 5.88 | 5.88 | 2 |
| E | X | X | X | NM | NM |

- X should be used to indicate an Invalid Throw
- Results will always show "NM" when an athlete fails to record a measurable trial

High Jump

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
- One official to record, time and call up the next athlete.

Preparation for Event

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

Getting Started

Starting Heights for Competition - The guiding principle is that an athlete will be given the opportunity to clear a height.

Bearing this in mind, the starting height for each athlete will be:

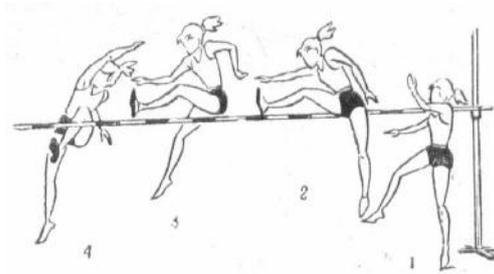
- 10cm below personal best for PB up to 90cm
- 15cm below personal best for PB from 90cm - 1.30m
- 20cm below personal best for PB over 1.30m

The following are indicative heights only where the starting height is uncertain:

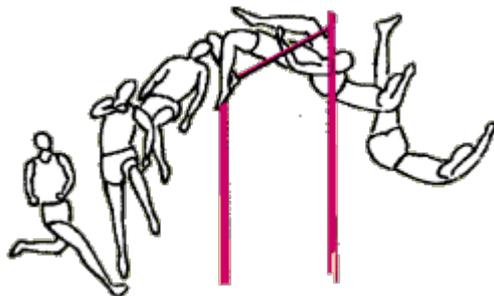
| AGE | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15+ |
|-------|------|------|------|------|------|------|------|------|
| GIRLS | 0.70 | 0.80 | 0.90 | 1.10 | 1.15 | 1.25 | 1.30 | 1.45 |
| BOYS | 0.75 | 0.85 | 1.00 | 1.15 | 1.25 | 1.30 | 1.40 | 1.45 |

Measuring the Cross Bar Height

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



U8 – U10 Scissor Jump Only



U11 plus can use Fosby Flop Jump

U8 – U10 Scissors Only

- The Scissor technique is the only allowable technique performed in High Jump for the Under 8, 9 & 10 age groups.
- The athletes must take off from one foot, clear the bar in a predominately vertical position and the first contact made on the landing area must be made by one or both feet.
- It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
 - a) The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
 - b) The head of the competitor is not below the buttocks when the buttocks clear the bar, and
 - c) The competitor's feet touch the mat before any other part of the body.

U8 – U16 General Rules

- Prior to the competition the judges will announce to the athletes the starting height.
 - An athlete may commence jumping at any height above the starting height.
 - Three consecutive failures regardless of the height will eliminate the athlete.
 - At the end of the round the bar should be raised in 5cm increments. When there are 4 or less athletes remaining, the increments will be 2cms.
 - The final athlete may continue to jump, at height rises agreed with the Chief Judge or Referee, until the athlete has three consecutive failures.
 - An athlete may pass on the second or third trial at a particular height (after failing the first or second time) and still jump at a subsequent height.
 - An athlete may approach the bar from any angle. An athlete must take-off from one foot only. • If the bar falls after an athlete has landed and left the mat, it MAY still be considered a failure. It is the decision of the judge as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.
 - If 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 it is considered a failure. However, if when the athlete jumps, they touch the landing area with their foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure
 - If the athlete touches the crossbar or the vertical section of the uprights when running up without jumping, it is considered a failure. The rule does not apply to touching a base plate.
 - If an athlete fails to commence an attempt within 30 seconds of their name being called by the Official in charge, a failure will be recorded. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced in 30 seconds.
 - When there are only two or three athletes left, the time allowed is 1 min 30 seconds and when only one athlete is left the time allowed is 3 minutes. In the case of consecutive trials, athletes are allowed two minutes. These are maximum times and athletes are encouraged not to delay the event.
- Recording
- O Indicates a “Clearance” or “Valid jump”
 - X Indicates a “Failure”
 - Indicates a “Pass” or “Did not attempt at that height”

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

Determining the Results of High Jump

The athlete who clears the greatest height is the winner.

If there is a tie:

The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place

If the tie still remains:

If it concerns first place, the athletes tying shall have one more jump at the height at which they failed. If no decision is reached, the bar shall then be lowered or raised to the heights, which shall be announced by the official of the event, they shall then attempt one jump at each height until the tie is broken.

Athletes will be awarded the best of all their jumps, including those in a jump off.

If it concerns any other place the athletes shall be awarded equal place in the competition.

| Comp | Best | Failures | Place |
|-------------|-------------|-----------------|--------------|
| A | 1.30 | 4 | E2 |
| B | 1.30 | 4 | E2 |
| C | 1.30 | 5 | 4 |
| D | 1.30 | | |
| E | No Height | | No Height |

In this example:

All cleared 1.30m and all failed at 1.33m

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

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

Long Jump

Equipment

- Take-off mat covered with damp sand
- Measuring tape (Min 20 meters)
- Watering can
- Spike for marking impression in pit
- Rake, broom & shovel

Take off mat/board

| Age Group | Take-off area | Surface |
|---------------|---------------|-----------------------------|
| U6-U8 | 1.22m*1.0m | Mat with thin layer of sand |
| U9-U10 | 1.22m*0.5m | Mat with thin layer of sand |
| U11 and above | 1.22m*0.2m | Board |

SETUP – Officials

Organise parents for the following tasks:

- One parent to rake and on measuring spike
- One parent to measure distance and check for foul jumps
- One parent to marshall athletes and record measurements

Getting Started

- Smooth the take-off mat and rake the pit for the first competitor.
- For each jump, ensure the take-off is from one foot.
- Athlete must place the take-off foot on or behind the mat/board.
- If any part of the foot is over the front edge of mat/board, then it is a foul.
- The athlete must exit the pit forward of the landing area. If the athlete walks back through the landing area, it is a no jump.

Number of Jumps

- Each athlete will have 3 jumps, one at a time (Not in a row)
- Allow athletes a practice jump to check their run-up (if possible)



Measuring the Jump

- All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot (U6-U10) or to the take-off line or its extension (U11 and above). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- In the case of an (U6-U10) athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the take-off area or its extension.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

Recording

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

| Athlete | 1 st Trial | 2 nd Trial | 3 rd Trial | Best | Place |
|---------|-----------------------|-----------------------|-----------------------|------|-------|
| A | 4.75 | X | 4.62 | 4.75 | 3 |
| B | 5.35 | 4.92 | 5.87 | 5.87 | 1 |
| C | 4.65 | 4.35 | 4.75 | 4.75 | 2 |
| D | X | X | X | NM | NM |

X should be used to indicate an Invalid trial

Results will always show “NM” when an athlete fails to record a measurable trial

Triple Jump

BASIC RULES - Definition of Triple Jump:

(A) Hop - Athlete takes off and lands on same foot as the one from which they have taken off

(B) Step - Athlete steps on the opposite foot to that used on the hop

(C) Jump - Athlete lands on one or both feet in the sand pit.

This event is for U11-U16 athletes only.

Equipment

- Take-off mat covered with damp sand
- Measuring tape (Min 20meters)
- Watering Can
- Rake, broom & shovel
- Spike for marking impression in pit

SETUP – Officials

Organize parents for the following tasks:

- One parent to rake and on measuring spike
- One parent to measure distance and check for foul jumps
- One parent to marshall athletes and record measurements

Getting Started

- Smooth the take-off mat and rake the pit for each competitor.
- For each jump ensure the take-off is from one foot.
- Athlete must place the take-off foot on or behind the mat/board.
- If any part of the foot is over the front edge of mat/board then it is a foul.
- The athlete must exit the pit forward of the landing area. If the athlete walks back through the landing area, it is a no jump.
- It is best to arrange the athletes in the order of their preferred jump off position i.e.: all athletes off 4m first, then athletes off 5m next and so forth.

Number of Jumps

- Each athlete will have 3 jumps, one at a time (Not in a row)
- Allow athletes a practice jump to check their run-up (if possible)

Mat Placement

U10 Girls & Boys: You need to slide the sand take-off mat to the athlete's preferred jump-off position i.e. 4m, 5m, 6m etc.

U11–U16: Take-off from the white take off marker/board with preferred jump-off position i.e. 4m, 5m, 6m etc.

Measuring the Jump (U10)

- Official selects the closest break (imprint) made in the sandpit by foot, hand, etc., to the front of the imprint made on the take-off mat
- If the jumper takes off before the take-off mat or board, then the jump shall be measured to the back edge of the take-off area
- The selected point is marked by the spike and the zero end of the tape is held at the spike. 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.

Measuring the Jump (U11-U16)

- Official selects the closest break (imprint) made in the sandpit by foot, hand, etc., to the front edge of the white take off marker/board
- If the jumper takes off before the take-off mat or board, then the jump shall be measured to the front edge of the take-off board
- The selected point is marked by the spike and the zero end of the tape is held at the spike. The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped.

Recording

Best performances should be circled or highlighted.

The athlete who has the longest measured distance from all jumps recorded is the winner.

Ties are broken by referring to the next best jump

| Athlete | 1 st Trial | 2 nd Trial | 3 rd Trial | Best | Place |
|---------|-----------------------|-----------------------|-----------------------|-------|-------|
| A | X | X | 11.85 | 11.85 | 2 |
| B | 11.35 | 10.92 | 11.85 | 11.85 | 1 |
| C | 10.65 | X | 10.49 | 10.65 | 3 |
| D | X | X | X | NM | NM |

X should be used to indicate an Invalid trial

Results will always show “NM” when an athlete fails to record a measurable trial