

# Section C

## Field Events

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

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

### 1. GENERAL RULES

#### 1.1 Referees

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

**Note:**

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

#### 1.2 Appointment of Judges

The Chief Judge for each field event shall: -

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

### 1.3 Markers

- i. An athlete may place alongside the runway 1 or 2 markers (supplied or approved by the Organising Committee) to assist them in their run-up and take-off.
- ii. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

### 1.4 Practice Trials

- i. In field events, at the discretion of the Chief Judge or Carnival Manager, all athletes are allowed up to 2 practice trials before the competition begins.
- ii. Trials are to be made, preferably in draw order, under supervision. Trials can be made by athletes out of sequence under supervision and at the discretion of the Chief to enable practice throw to occur whilst clash or other athletes arrive.

### 1.5 Competition Order

- i. The order in which athletes shall take their trials shall be drawn randomly.
- ii. In all events, except for the High Jump, where there are more than 8 athletes, each shall be allowed 3 trials and the 8 athletes with the best valid performances shall be allowed additional trials.  
At LANSW events, athletes will be allowed 3 additional trials, where required.
- iii. In the event of a tie (after countback) for 8th place, any athletes so tying shall be allowed the additional trials. (Tying means, in this case, achieving the same distance).
- iv. Where there are 8 athletes or fewer, each athlete shall be allowed all applicable trials regardless of the number of failures recorded.
- v. The competing order for any additional trials shall be in the reverse ranking order recorded after the first 3 rounds of trials.
- vi. In all events except High Jump, each athlete shall have a minimum of 3 trials and no more than 6 trials.

### 1.6 Commencement of Competition

- i. Competition commences with the first trial in the first round.
- ii. The trials shall commence when the Official responsible indicates to the athlete that all is ready for the trial to begin, and the athlete is called.
- iii. The period allowed for this trial shall commence from that moment.
- iv. A round commences when the first athlete eligible to compete in the round commences their trial.
- v. A round is complete when the last athlete eligible and present to compete in the round completes their trial.

### 1.7 Completion of Trial

- i. Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
- ii. Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.  
**Note:** *Leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.*
- iii. High Jump - a trial is complete when the Chief Judge designates a "fair/fail jump".

### 1.8 Completion of Competition

- i. High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.
- ii. All other events are complete when the last round is completed.  
**Note:** *The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.*

### 1.9 Failure

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

### 1.10 Substitute Trials

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

### 1.11 Delay

- i. Athletes in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a failure.
- ii. It is a matter for the Referee to decide what is an unreasonable delay, but the following time cannot be exceeded:
  - a. Long Jump, Triple Jump, Shot, and Discus, and Javelin – 1 minute.
  - b. High Jump – 1 minute, but when only 2 or 3 athletes continue in the competition, the time should be increased to 1.5 minutes, except in Combined Event competitions. If there is only 1 athlete left, then the time should be increased to 3 minutes.
  - c. For consecutive trials for the above events, the time should be 2 minutes.
- iii. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.
- iv. When only one athlete (who has won the competition) remains in high jump and is attempting a record the time limit shall be increased by 1 minute beyond those set out above.

### 1.12 Absence (from area of competition)

Any athlete who leaves the immediate event area (as defined prior to the commencement of the competition by the Chief Judge or Referee) without permission, may be cautioned by the Chief Judge and warned that any repetition, may result in them being excluded from further participation in that event. The Referee may make the decision to disqualify the athlete. Any performance up to the time of disqualification shall stand.

### 1.13 Change of Competition Area

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

### 1.14 Results

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

### 1.15 Ties

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

### 1.16 Measuring

- i. The Judges shall judge, measure and record each valid trial of the athletes.
- ii. All measurements shall be made immediately after each valid trial.
- iii. Where possible, all measurements must be made using electronic distance measuring (EDM). Steel tape is no longer required to measure an Australian record when EDM is used, calibrated and the usual checks are done to confirm accuracy both prior to and after the completion (the operators would normally do this). When EDM is not available, a fibreglass or steel tape measure graduated in centimetres, or a graduated bar for high jump, should be used.

- iv. In measuring all field events, except the High Jump, the zero end of the tape or EDM prism should be placed at the nearest edge of the mark where the implement first lands or where the athlete makes a mark in the pit closest to the take-off.
- v. Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre.
- vi. In High Jump all measurements shall be made, in whole centimetres, perpendicular from the ground with a steel or fibreglass measuring bar to the lowest part of the upper (top) side of the bar.

### 1.17 Clash of Events

- i. Except High Jump, where a clash of events occurs, the Chief Judge may allow the athlete to compete out of round and out of order in all rounds.
- ii. It is not permitted for an athlete to have 2 or more consecutive trials, nor can an athlete demand to have a trial that has been missed.  
**Note:** *The first 3 rounds of trials must be completed and a final 8 determined prior to any other subsequent rounds of trials being commenced.*
- iii. For High Jump, where a clash of events occurs, the Chief Judge may allow the athletes to compete out of order. The athlete re-joins the competition at the current height of the bar.
- iv. Athletes having been taken from a field event to a track event by the Clash Manager must return to the field event immediately following their release from the track event.

### 1.18 Entry to Competition

Taking into account the definitions above (except for State Relays):

- i. No athlete may enter the competition after the completion of the 3rd round, i.e. High Jump - 3rd round equals 3rd height.
- ii. No athlete may take or have recorded more than 1 trial in each round except for high jump where up to 3 trials are permitted at each height.
- iii. An athlete cannot demand to have a trial that was missed due to absence.

### 1.19 On Field Protest

If an athlete in the U12 to U17 age groups makes an immediate oral protest against having an attempt judged as a failure, the Referee and/or Chief of the event may, at his discretion, order that the attempt be measured and the result recorded, in order to preserve the rights of all concerned. **At the end of the round the Referee will adjudicate on the protest.**

### 1.20 Coaches Areas

- i. A designated 'coaches areas' will be provided for field events at LANSW State Championships (State Relays, State Combined Event and Track & Field).
- ii. At Zone and Region level, coaches areas may be provided at the discretion of the competition management. If they do provide this area, it must be noted that it is ONLY for athletes in the U12 to U17 age groups. It should also be noted that if NO coaches area is provided at Zone and Region level, then NO athlete (regardless of age) may leave the event area to approach the fence to speak with their coach/parent.

**Note:** The coaches area is only for athletes in the U12-U17 age groups. If the coaches area is provided, each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). These older athletes will be permitted to approach that area to talk to their coach after seeking permission from the event official. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.

## 2. THROWING EVENTS

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

### 2.1 General Rules

#### 2.1.1 Implements

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

#### 2.1.2 Personal Safeguards & Assistance

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

#### 2.1.3 Throwing Area and Landing Sector

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

#### 2.1.4 Landing Sector

- i. The landing sector should be extended well in excess of the best thrower.
- ii. The maximum allowance for the overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 for Shot and Discus.
- iii. Except for the Javelin, the landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the lines, if extended would pass through the centre of the circle.
- iv. The 34.92° sector may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20 m from the centre of the circle exactly 12m apart.
- v. For Javelin, the landing sector shall be marked with white lines 5cm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the

parallel lines marking the runway and intersect at the centre of the circle of which the arc is part . The sector is thus 28.95°.

- vi. The sector may be accurately laid out by making the distance between the two sector lines 20 m at a point 40 m distance from the centre of the throwing arc along one of the sector lines.
- vii. The sector lines should be continued for a minimum of 65m in Discus, Javelin and 20m in Shot, and their ends marked with red flags.

### 2.1.5 Safety Considerations in Javelin and Discus

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

### 2.1.6 Record Markers

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

### 2.1.7 Validity of Throws

- i. In throwing events from a circle:
  - a. An athlete **must** commence the throw from a stationary position.
  - b. The athlete is allowed to touch the inside of the iron band or stop board.
- ii. It shall be a failure if the athlete after entering the circle and **commencing** to make a throw touches with any part of the body the top of the circle or the ground outside or improperly releases the implement in making the attempt.

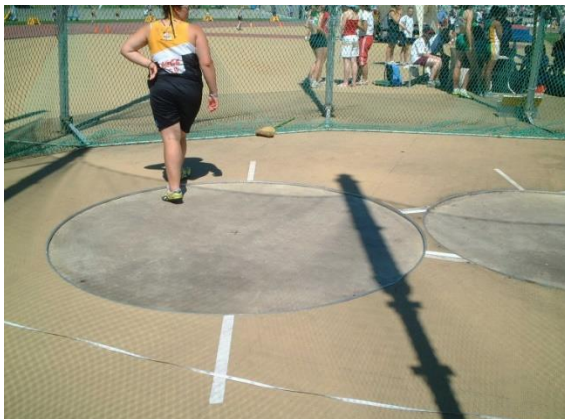
**Note:** *It, however, will not be considered a failure if the touch happens during the rotation, backward of the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*
- iii. If the discus hits the net/cage and falls within the sector lines, it shall not be recorded as a failure.

### 2.1.8 Interruption of a Trial

- i. It is not a failure if an athlete drops an implement and it does not touch the ground outside the throwing circle or runway, provided no other rule is breached.
- ii. In the case of 2.1.8 i. above, the athlete can retrieve the implement and continue the trial within their allocated time.
- iii. If the implement touches the ground outside the circle or runway it becomes a failure.

### 2.1.9 Measurements

- i. All measurements shall be made immediately after each valid trial.
- ii. The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.
- iii. For a valid trial, the implement must fall completely within the inner edges of the landing sector.
- iv. In Javelin, the measurement of each throw will be made from where the tip of the javelin first struck the ground, to the inside edge of the arc, with the tape being pulled through the point 8m back on the run-up, that being the centre of the circle of which the arc is a part.



Leaving the discus circle  
(on completion of the trial)

## 2.2 Shot Put

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

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

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

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



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

### 2.2.1 Putting The Shot

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

### 2.2.2 Officials

- i. 5 Officials are required (6 if EDM used).
- ii. Official 1 – (normally the Chief Judge) will:
  - a. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read off the measurement of the throw.
  - b. Indicate a fair put with a white flag and a failure put with a red flag.
  - c. Advise the athlete of the reason for any failure.
- iii. Official 2 will:

Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.

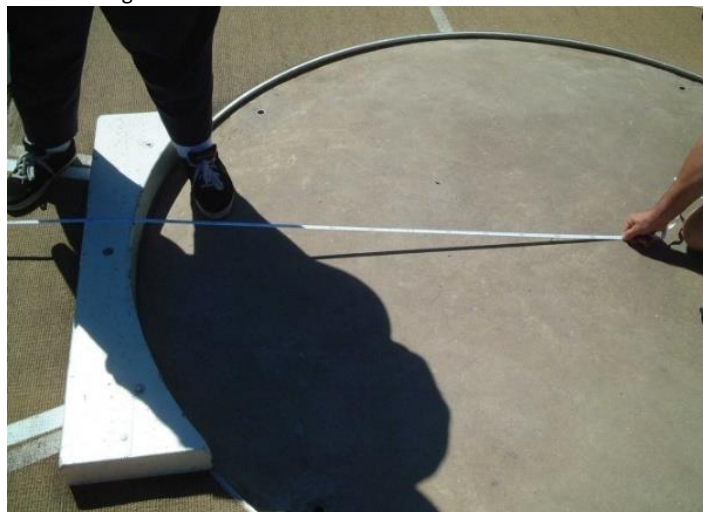
- iv. Sector Officials 3 and 4 will:
- Mark the fall of the shot with a spike holding the zero end of the tape or EDM prism.
  - Return the shot to the athletes. (The shot must always be carried and never thrown).



- v. Official 5 will:
- Record the result on the Result Sheet and call up athletes.
  - Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- Note**
- The most likely infringement will be at the front of the circle where the force of the leg drive may cause the athlete to touch the top of the circle or stop board, or even go over it.
  - Another infringement may occur at the rim, just to the left of the stop board (for a right handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.
  - Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.
- vi. EDM operator (where used) should:
- In conjunction with the chief judge, set up the EDM (including check marks)
  - Measure each valid trial using the EDM
  - Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
  - Advise chief judge when the EDM is ready for the next trial.
  - Validate check mark at the beginning and end of each event.

### 2.2.3 Stop Board Construction

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





## 2.3 Discus

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

### 2.3.1 Officials

- i. 6 officials are required (7 if EDM used).
- ii. Official 1 (normally the Chief Judge) will:
  - a. Stand **outside the Discus cage** to the front of the circle and will watch for infringements, which are most likely to occur at the front.
  - b. Indicate a fair throw with a white flag and a failure throw with a red flag and will read off the measurements.
  - c. Advise the athlete the reason for a failure.
- iii. Official 2 will:
  - a. Stand **outside the Discus cage** and to the rear of the circle.
  - b. Watch for infringements at the rear as the thrower turns and will also pull the tape through the centre of the circle.
- iv. Official 3 will:
  - a. Record the result on the Result Sheet and call up athletes.
  - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials 4 & 5 will:
  - a. Operate in the field watching the sector lines and assist in determining the point of landing.
  - b. Return the discus to the athletes. (The discus must always be carried and never thrown).
- vi. Official 6 will:

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

#### **Note**

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

- On its front edge, which presents no difficulty.
- Absolutely flat, when it may be difficult to determine the actual point of contact, particularly on hard ground.
- Tilting over as it lands, with the spin imparted by the thrower causing it to cut up the turf. This may appear to be the mark, but a closer examination of the ground in the immediate vicinity will almost certainly show a curved indentation some 5-10cm behind the cut up turf. This is the first mark made by the implement on landing, and it is from here that the measurement is taken.

- vii. EDM operator (where used) should:
  - a. In conjunction with the chief judge, set up the EDM (including check marks)
  - b. Measure each valid trial using the EDM
  - c. Call out each valid measurement to the recorder ensuring that the measurement repeated by the recorder is the same.
  - d. Advise chief judge when the EDM is ready for the next trial.
  - e. Validate check mark at the beginning and end of each event.

### 2.3.2 Discus Cage

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

## 2.4 Javelin

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

### 2.4.1 Javelin Throw

- i. Must be held at the grip with one hand only and thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- ii. The sector may be accurately laid out by making the distance between the two sector lines 20m at a point 40m distance from the centre of the throwing arc along one of the sector lines.
- iii. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. **The javelin is not required to stick in the ground.**
- iv. For a valid throw, the metal head of the javelin must fall completely within the inner edges of the landing sector.
- v. It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway, the ground outside the runway, or crosses the throwing arc marking the end of the runway.
- vi. It is not a failure if the end of the javelin touches the ground during the run up.
- vii. At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
- viii. It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, 4 metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall be considered to have left the runway correctly.
- ix. An athlete may interrupt a trial once started, **may** lay the implement down inside or outside the runway and **may** leave the runway (as required above), before returning to the runway to continue their throw within the time limit.

### 2.4.2 Officials

- i. 6 Officials are required (7 if EDM used).
- ii. Official 1 (normally the Chief Judge) will:
  - a. Watch for infringements along the runway and at the front of the arc.
  - b. Determine whether the javelin is held and thrown in accordance with the rules and ensure the javelin has landed before the athlete leaves the runway.
  - c. Indicate a fair throw with a white flag and a failure throw with a red flag and read the measurements.
  - d. Advise the athlete of the reason for a failure.
- iii. Official 2 will:
  - a. Stand approximately 8-10m behind the arc alongside the runway.
  - b. Pull the tape through the centre of the circle of which the throwing arc is part.
  - c. Assist Official A in determining that the Javelin is thrown in the correct manner.
- iv. Official 3 will:
  - a. Record the result on the Result Sheet and call up athletes.
  - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. Officials 4 and 5 will:
  - a. Operate in the field watching the sector lines and assist in determining the point of landing.
  - b. Return the javelin to the athletes. (The javelin **must** always be carried back to the runway and never thrown).
- vi. Official 6 will:
  - a. Mark the spot where the point of the javelin first touched the ground.
  - b. Move from the side without taking their eyes off the mark.
  - c. Indicate a failure by:
    - Pointing outside the sector line when the javelin first landed outside the sector OR
    - Waving a hand from side to side to indicate that first point of contact was not made by the metal head the javelin.
  - d. Mark the point of landing nearest to the runway with a spike holding either the zero end of the tape or EDM prism.

**Note**

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

**2.4.3 Runway**

- i. Shall be marked by 2 parallel lines, 4m apart, and the throw shall be made from behind an arc or a circle drawn with a radius of 8 m. Such arc shall consist of a strip made of paint, wood or metal 7cm in width, painted white and shall be flush with the ground.
- ii. The runway shall be level and a minimum length of 30m.
- iii. The javelin is thrown from an arc at the end of a runway 30m to 36.5m long.
- iv. The runway shall be marked by 2 parallel white lines 5cm wide and 4m apart.
- v. The arc at the end of the runway will be from that of a circle drawn with a radius of 8m.
- vi. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, 75cm long and 7cm wide.
- vii. The maximum allowance for lateral inclination of the runway shall be 1:100 and the overall inclination in the running direction is 1:1000.

**2.4.4 Layout**

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

**2.4.5 Implement Construction**

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

## 3. JUMP EVENTS

### 3.1 Horizontal Jumps

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

#### 3.1.1 Long & Triple Jump Runway

- i. The long jump runway and pit shall comply with the specifications set out within the World Athletics Track & Field Facilities Manual, except as modified within this section.
- ii. Where possible the length of the runway shall be at least 40m. There is no limitation on the maximum length of the runway.
- iii. The runway should be 1.22m +/- 0.1m wide.
- iv. The runway should be marked by white lines 5cm in width.
- v. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

#### 3.1.2 The Landing Area

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

#### 3.1.3 Take-Off Board (Long Jump)

- i. **U6 to U10**
  - a. A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials, where the foot print can be observed, to a depth of 1 to 2 centimetres.
  - b. In the long jump, the take-off area should be: -  
The take-off area or mat shall be placed at a maximum 0.5m from the leading edge of the landing area
- ii. **U11 and above**
  - a. A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on the runway. Where possible a strip of plasticine or other suitable material (eg. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used.
  - b. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
  - c. The distance between the take-off board and the end of the landing area shall be at least 10m.
  - d. The take-off line shall be placed between 1m and 2m from the nearer end of the landing area.

**Note 1:** *The take-off area shall be stable (non slip) and not a trip hazard.*

**Note 2:** *At State Track & Field Championships, the take-off board is placed 2m back from the edge of the pit.*

#### 3.1.4 Take-off Board (Triple Jump)

- i. In the triple jump, the take-off lines shall be in whole metre increments from the edge of the pit. The Organising Committee for the Competition shall determine the take-off lines to be used for each event, prior to the commencement of the Competition.
- ii. For LANSW triple jump events, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit. An additional 13m will be made available on request.
- iii. Athletes may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump

### 3.1.5 Distance Measurement

#### i. U6 to U10

Jumps can be measured 2 ways:

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



#### ii. U11 to U17

#### iii.

- a. The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.
- b. In measuring a jump the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take off line.
- c. The feet of the athlete do not necessarily make this break; if a jumper is off balance it may be any part of their body.
- d. The measurement must be taken perpendicular to the take-off line or its extension.



### 3.1.6 Run Up Measurement

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

### 3.1.7 Failure

In the Long Jump and Triple Jump, It shall be counted as a failure if:

- i. Any part of the mark made by the athlete's take-off foot protrudes over the front line of the take-off area.
- ii. If an athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a failure.
- iii. In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- iv. When leaving the landing area, an athlete's first contact with the border or ground outside is nearer the take-off line than the nearest break in the sand made on landing.
- v. After landing, the athlete walks back through the landing area without first correctly exiting the pit.
- vi. An athlete takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- vii. Any sort of somersaulting is used.

### 3.1.8 Officials

- i. A minimum of 5 officials is required.
- ii. Official 1 (normally the Chief Judge) will:
  - a. Act as the take-off judge, who alone will decide the validity of the jumps.
  - b. Indicate a fair jump with a white flag and a failure jump with a red flag. Before declaring a "no-jump" for a foot fault, the take-off Official must be satisfied that actual contact with the ground beyond the take-off line has been made.
  - c. Advise the athlete the reason for a failure.
- iii. Official 2 will:
  - a. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
  - b. Level the take off area in the U6 to U10 age groups or repair the plasticine or other material used to indicate a foot failure in the U11 to U17 age groups.
- iv. Official 3 will:

Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- v. Official 4 will:
  - a. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
  - b. A further assistant may be required to assist with the raking with the older age groups.
- vi. Official 5 will:
  - a. Record the result on the Result Sheet and call up athletes.
  - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

## 3.2 High Jump

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

### 3.2.1 Age Restrictions

- i. Under 9 will be the starting age group for high jump at zone, region and state level competition.
- ii. The scissor technique will be the only allowable technique performed in high jump for U10 and below at all levels of competition.  
It shall be a **valid scissor jump** if all other relevant high jump rules are adhered to, and:
  - a. The head of the athlete 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 athlete is not below the buttocks when the buttocks clear the bar, and
  - c. The athlete's lead foot touches the mat before any other part of the body

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

- iii. Athletes in the Under 11 and above age groups will have the option to use any legal jumping technique where flop mats are provided at all levels of competition.

### 3.2.2 Safety

- i. The Chief Judge shall ensure that that the landing area is satisfactory, and that the uprights and cross-bar are in good condition.
- ii. The Chief Judge shall have the power to caution any athlete using an unsafe technique, and if necessary, not allow the athlete to continue.
- iii. Restraining straps **must** be used for all competition (with the exception of age groups using the scissor mats). The use of restraining straps on High Jump equipment avoids the problem of having the bar fall onto the landing bags under the falling body.



- iv. Athletes are to be advised to jump so that they land in the centre of the bags (landing area). If officials are concerned with the manner in which an athlete is jumping (ie. in an unsafe manner), they should ask the athlete to cease jumping and seek coaching in the event. Officials are to warn athletes of the dangers of high jump, if it is not done correctly.
- v. The minimum area for the landing area is 2.4m by 4.0m by 0.5m at Little Athletics NSW Championships. An additional moveable bag is also recommended which has been adequately secured.
- vi. At all events from centre to State Championships, high jump bags/landing area must be bound together by one-piece fabric fitted cover that binds the mats together into a single unified landing surface.

### 3.2.3 Minimum Height for Mats

- i. The height for scissor mats at all Affiliated Associations will be between 150mm and 300mm with minimum dimensions of 5m x 3m.
- ii. The minimum height for flop mats at all competition levels and in all Affiliated Associations will be 400mm with minimum dimensions of 5m x 3m.

**Note:** LAA recommends that 500mm mats or higher be the preferred height.

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### 3.2.4 Validity of Jumps

- i. An athlete may commence jumping at any height above the minimum height and may jump at their own discretion at any subsequent height. **3 successive failures, not necessarily at the same height**, disqualifies the athlete from competing further.
- ii. The effect of this rule is that an athlete may forego their 2<sup>nd</sup> or 3<sup>rd</sup> jumps at a particular height (after failing 1<sup>st</sup> or 2<sup>nd</sup> time) and still jump at a subsequent height.
- iii. If the bar falls off without having been knocked by the athlete (eg. due to strong wind) the athlete is not penalised.
- iv. An athlete must take off from one foot.
- v. Knocking the bar off the supports or touching the ground or landing area beyond the plane of the uprights with any part of the body without clearing the bar shall count as a failure.
- vi. However, if when jumping, an athlete touches the landing area with a foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered as a failure.
- vii. The uprights or posts shall not be moved during competition unless the Referee considers the run up or take-off area has become unsafe. In such a case the change shall be made only after a round has been completed.

### 3.2.5 Measuring

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

**Note:** *Judges should ensure, before starting the competition, that the underside and front of the crossbar are distinguishable and that the crossbar is always replaced with the same surface uppermost and the same surface to the front.*

### 3.2.6 Increments

It is recommended that the bar be raised by 5cm increments (for the first 3 heights) until there are six or fewer athletes remaining and by increments of 2cm thereafter, until only one athlete remains. When only one athlete remains, that athlete may choose the increments.

### 3.2.7 Measurement of Run-In

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



### 3.2.8 Countbacks

The following example illustrates the rule on countbacks.

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

0 = Cleared

X = Failed

- = Did not jump

a = Absent

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

### 3.2.9 Officials

- i. A minimum of 4 officials is required.
- ii. Official 1 (normally the Chief Judge) will:
  - a. Rule on the validity of the trial and indicate a fair jump with a white flag and a failure jump with a red flag.
  - b. Measure the bar as it is raised and announce the new height to the athletes.
- iii. Officials 2 and 3 will:
  - a. Stand well away from the uprights during trials to avoid distracting the athletes, but in line with the plane of the uprights.
  - b. Replace the bar as required.
- iv. Official 4 will:
  - a. Call up the athletes and record the results. In marking the sheet a jump is recorded thus:
    - A clear jump shall be indicated as an 'O'.
    - A failure shall be indicated as an 'X'.
    - A jump not taken (pass) shall be indicated as a '-'
  - b. All attempts must be recorded.
  - c. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.
- v. There is a mistaken belief that provided the jumper scrambles off the landing area before the bar falls, it does not count as a failure. **This is quite wrong, and there is no rule to this effect.**
- vi. Officials must watch very carefully, particularly when there is a wind blowing, and must make up their mind whether the cross-bar fell as a result of the jumper knocking it, or whether the wind was the true cause of it falling. Prior to an athlete making an attempt, the cross-bar may be steadied by an official up to the last possible moment.