



**Victorian  
Official**

**VICTORIAN ATHLETICS  
OFFICIATING BOOKLET**

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## PREFACE

This booklet is primarily aimed at everyone who has shown an interest in assisting with athletics competitions.

It outlines basic processes and rules of the various events provided to athletes at their weekly competitions.

The booklet is designed to accomplish three aims:

- **Firstly**, to introduce people to the rules and events.
- **Secondly**, to provide a basic toolkit of knowledge to conduct a competition.
- **Thirdly**, and more importantly, it aims to provide an indication of the spirit in which the rules should be applied and how the events (disciplines) are delivered at local competitions and beyond.

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

Enjoy your involvement in Athletics.



## OFFICIALS EDUCATION PATHWAY

You will find throughout this booklet a reference to the relevant IAAF rules for a particular role or event. The rules listed are the key rules you may want to refer to for that event or position.

For all competitions, IAAF Rules are used. However, modifications to these Rules are used for Little Athletics, Para Athletics and Masters competitions and are written accordingly. Technical Regulations are written for specific competitions and these must be read and used.

By using the same rules, terminology and processes, a better understanding will be realised by Officials, athletes, coaches and parents from their initial introduction to athletics through to more advanced competitions.

The following diagram maps out the Official's Education Pathway in Australia.



### VICTORIAN OFFICIALS PATHWAY - GRASSROOTS TO INTERNATIONAL



<b>OFFICIALS</b>	<b>Anyone</b>	<b>Club/Centre/ School Official</b>	<b>State Official</b>	<b>National Official</b>	<b>IAAF Technical Officials</b>
<b>OVERVIEW</b>	Introduction to Officiating (an Australian Sports Commission course)	Basic Grading – aimed at officials wishing to officiate at a local/ club/ centre/school level	Aimed at officials wishing to be appointed as a Chief or Referee at State level and a Chief at National level	Aimed at Officials wishing to be appointed as a Chief or Referee or Competition Management at a National level	IAAF Technical Officials Education Certification Scheme TOECS Level 2 (Diploma) conducted by the Oceania Regional Development Centre  IAAF Technical Officials Education Certification Scheme TOECS Level 3 (Diploma) conducted by the IAAF
<b>EVENTS</b>		<b>CLUB / SCHOOL</b>	<b>STATE CHAMPS</b>	<b>NATIONAL CHAMPS</b>	<b>MAJOR CHAMPS</b>
<b>LEVELS</b>	<b>LEVEL 0</b>	<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>	<b>LEVEL 4 &amp; 5</b>

FOR MORE INFORMATION VISIT [WWW.ATHSVIC.ORG.AU](http://WWW.ATHSVIC.ORG.AU) OR CALL 03 8646 4500

Information correct as of 21.09.2015

## **YOUR ROLE AS AN OFFICIAL**

You may think that your role as an Official at your local venue is to officiate the rules of the event. However, your role is much more than this. It is to:

- Ensure that everyone is safe.
- Facilitate the opportunity for athletes to have a go, compete and enjoy athletics.
- Create a positive environment to which athletes will want to return.
- Be consistent, fair and objective when making decisions, giving the athlete the benefit of the doubt.
- Compliment and encourage all participants. Officials are role models.
- Ensure that the activity is conducted within "the spirit of the game" and that sportsmanship underpins all actions.
- Ensure that your body language and verbal comments are positive.
- Abide by the Officials Code of Conduct.

## MANAGING & COMMUNICATING

Through completing the Introduction to Officials Course (on the Australian Sports Commission website) and reviewing this document, volunteers and new and existing Officials should have the knowledge and competence to conduct any event. However, this only covers the technical side of running an activity; the more important side is being good at managing and communicating with athletes and other volunteers.

### Managing & Communicating with Athletes

There are several points to remember when officiating:

#### COMMUNICATION

- Give clear concise instructions.
- Make sure athletes know how many trials they will have at an event.
- Let athletes know if you expect them to retrieve implements in the throwing events.
- Be encouraging, fair and positive.

### Managing & Communicating with Other Volunteers / Club Helpers

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

#### COMMUNICATION

Communicating with the other assisting Volunteers/Club Helpers is very important.

Points to remember are:

- Set the tone for how the event will be conducted.
- Explain the rules to be applied.
- Be clear with any points that may be subjective, e.g. the Shot Put action, so that all officiating is consistent.
- Explain the roles of the Volunteers/Club 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.
- Be friendly. Everybody is there to enjoy themselves.

#### MANAGING

- Always thank people for their assistance. People like to feel appreciated.
- Take the time to get to know new Volunteers/Club Helpers.
- Allow and encourage new Volunteers/Club Helpers to make suggestions.
- Don't enforce things just because that's the way it's always been done.

## STARTING

*(Related IAAF Rules: Rule 129, 130, 161, 162)*

**Athletics Victoria conducts courses for people wishing to become Starters and the safety protocols attached to using a gun.**

### Starter's Safety Issues

- **Noise hazard:** Caused by the firing of "Guns" means that good quality ear plugs/muffs must always be used.
- **Fire Hazard:** Some Little Athletics venues still use cap guns. 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 venues 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/bullets), are being used, the gun should be carefully reloaded.
- **Ear Plugs:** Good quality ear plugs should be worn as guns are noise hazards.
- **Communication Device:** For contacting other Officials such as the Competition Director.
- **PA System:** To ensure that all athletes can hear the Starter's instructions, particularly for events using "staggered" starts, e.g., 400m. Could be a "loud hailer".

### 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 in the narrowest 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.
- **Curved Line:** (Unlaned events). Similar to above but may need to be located in a 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 the Recall Starter/s, all aspects of starting to achieve the above.
- Alone or with the assistance of the Recall Starter/s nominate athlete(s) who have made a false start and issue a "warning" or disqualification "DQ".

## Starting Procedure

Starter indicates the race is about to commence by the start commands as follows:

- For laned events:  
**"On Your Marks" "Set" "Start Signal"**
- For un-laned events (including the 800m started in lanes):  
**"On Your Marks" "Start Signal"**
- It is permissible for the athlete's 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.
- However, if the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall be a false start. The athlete is deemed to have gained an advantage. A second "Start Signal" is fired to abort the start ("false start" or "recall" signal).
- The offending athlete/s are told by the Starter of their disqualification.
- In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

**Note:** The number of false starts that leads to disqualification can vary.

- **IAAF** – No false starts permitted
- **Little Athletics:** Athletes are permitted 2 false starts.
- **Athletics Australia:** U/14 athletes are permitted 1 false start.
- **Masters Athletics:** In any race, athletes who are charged with a false start as determined by the Starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified. This includes the Combined Events. The current IAAF rules regarding one false start is consequently not adopted by WMA.
- **World Para Athletes:** Follow IAAF rules.

## 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 the Starters Assistant, return athletes to start line after a false start.

## Starter's Assistant

### FUNCTION

Prepares the athletes in an event (heat or final) in readiness for passing onto the Starter.

### DUTIES



Allocate athletes to heats as follows:

- Counts athletes to determine number & size of heats as required, e.g., for 100m - 17 athletes = 2 x heats of 6athletes and 1heat of 5 athletes.
- Allocates athletes to heats according to selection criteria, e.g., graded or random.
- Allocates athletes to lanes, e.g., randomly according to a start list, or by the drawing of lane numbers.
- As required, either alone or with the assistance of a Recall Starter returns athletes to the start line after a false start.
- Assembles athletes up to 3m behind the start line. Signals to the Starter that all is ready.
- Ensures the first athletes in a relay event have a baton (correct number and colour).

## TIMEKEEPING

*(Related IAAF Rules: Rule 128, 164, 165, 167)*

### Function

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

**Note:** If Place Judges are being used, Timekeepers will not act as Place Judges.

### 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 leading edge of the finish line.

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

### Officials Required

- Depends on the type of event, i.e., laned or unlaned, the equipment in use and the associated finishing system employed, i.e., manual (buttons) or automatic (gates), or fully integrated Photo Finish.
- Ideally, three Timekeepers record results for first place in manual timing. How these three performances are taken will vary depending on what timing equipment is in use and also whether the event is laned or unlaned/course.
- If the three performances differ, the middle time is accepted as the "performance" for recording and record purposes. If two times are the same then that is the official time.

### Preparation

- Become familiar with the operation of the timing device and practice a few times (see Types of Timing Equipment).
- 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

- Responsible for determining the official time for the event.
- Ensure that Timekeepers:
  - Are placed on the outside of the track.
  - 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 un-laned 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 Referee" when Timekeepers are in position and ready.

## Types of Timing Equipment

- **Standard:** Simple stop/start device may have a third button for resetting otherwise successive presses of the stop button causes the watch to reset.
- **Lap Timer:** Similar to a stop watch but has a third button for lap-timing, which when pressed stops the watch and when pressed again picks up the running time. Can be used to time two athletes with the lap button timing the first and the stop button timing the second. When the lap button is pressed again the watch shows the time that the stop button is pressed.
- **Multi-Function:** A further variation of the "lap timer" which can record and store many times that can be recalled after the finish of the event. Some versions have an integral printer attachment for printing out the times of all athletes either as each time is recorded or after the event has finished.
- **Timing Machine:** Many variations exist.
  - **Fully Automatic Timing (Photo Finish):**  
Most large venues have a photo finish system in operation which can be started by the starting device.
  - **Gates:** Automatically detect the "torso" crossing the line using multiple electronic beams. Some of the devices are capable of capturing ten performances in performance or lane order. Some have printers attached for printing out the results. When in use these devices require an Operator to reset the device and the Operator may also be required to manually transcribe the performances (Time Recorder).

## Laned Track Events (Manual Timing)

### USING "STOP WATCHES":

- Hold it between the thumb and forefinger with forefinger on the button. Hold the watch still to eliminate waste motion.
- Always look at your watch prior to the event start to ensure that it has been reset after the previous event or following a false start.
- Never reset your watch after capturing a performance without prior agreement being reached with either the Chief Timekeeper or all other Timekeepers.

### USING "TIMING MACHINES":

- Keep thumb (for individual buttons) or index finger for button bars) on button. There is no reset ability for the timekeeper; this is handled by the Operator. Take care with pressing the button as successive pressing of the button may cause the earlier time to be overwritten by the latter one.
- With about 30 metres of the race still to run, note the identity of the athlete in the place you are timing and prepare to stop the watch. Do not anticipate the finish.

## Unlaned/Course Events ("Running Watch")

- In unlaned (distance) or course (cross-country) events it is not necessary or practical to time each athlete individually.
- **Using "Stop Watches":** One Timekeeper may use two watches and as the winner finishes, one watch is stopped for an accurate measurement of first across the line and the second watch is kept running. As each other athlete crosses the line, times are called by the Timekeeper and recorded by a Time Recorder standing next to the Timekeeper. Alternately only a single watch may be used and all times called to the Time Recorder.
- **Using "Multi-Function Watches":** One watch can be used to record and store all results with each result subsequently recalled and relayed to the Time Recorder or if the watch has an integral printer the times are recorded and printed as each athlete crosses the line. Once the last athlete has finished, the print out of the results is then given to the Time Recorder to process.

- The use of a Multi-Function watch provides more accurate times than a "running watch" technique as times can be recorded to 0.1sec which is the standard for manual timing rather than to the second.

## PLACE JUDGING

(Related IAAF Rules: Rule 126.2, 164)

### Function

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

**Note:** The decisions of Judges take precedence over those of Timekeepers in respect to finishing order.

### 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:** Is the leading edge closest to the start line usually marked by a 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 reach the finish line together.

**Note:** Equal performances do not necessarily indicate a tie or dead heat, e.g., at 12.50 secs for 100m athletes with equal times can be up to 8cm apart (a distance easily detected by the human eye).

**If Photo Finish is in operation, they can separate athletes who have identical times**

### Officials Required

- The number required depends on the type of event (Laned or Unlaned).

### Priority of Nomination

- **Laned Events:** Ideally there should be one Judge for each athlete plus the Chief Judge. The Chief Judge selects first across the line, the next Judge selects first and second, the next selects second and third, etc.
- If there is a dispute between the Judges, e.g., two Judges claim the same athlete; the selection of Judge for the higher "place" has priority. When Place Judges cannot decide then the matter is referred to the Referee for a decision.
- Should such a situation arise the Chief Judge may ask other Judges to nominate their selections and by a process of elimination determine which athletes are unclaimed.

### Duties of Chief Judge

- Ensure that Place Judges:
  - Are placed in a suitable position.
  - Know what **place** to judge.
  - Are in line with the finish line and all on the same side of the track.
  - Have a good view of all lanes.
  - Have a clear view of the Starter.
  - Have a clear view of the track. For laned events Judges are usually in an elevated position on a stand at least 5m from the track.
- Communicate with the Chief Starter or Track Referee when Judges are in position and ready.
- Communicate with the Chief Timekeeper.

**Note**

- The single function of Judges may vary depending on the type of meeting, at which they are Officiating, e.g., at normal Centre competition, Timekeepers may also perform the role of Judges.
- Where an Official has a dual role of Judge and Timekeeper it is important that the Official does not lose sight of "their" athlete until identity is clearly established.

## TRACK UMPIRING

(Related IAAF Rules: Rule 127, 163)

### Function

- To ensure that each athlete is given an equal opportunity to compete fairly and perform to the best of their ability.
- To act as another pair of eyes for the Referee.
- Report any infringements without fear or favour and without authority to make a final decision.

### Equipment

- **White Flag or approved method:** Used to signify "All Clear".
- **Yellow Flag or approved method:** Used to signify an "Infringement".
- **Clipboard:** For holding "Infringement Forms" for noting details of infringements.
- **Incident Report Form:** Used to indicate any unusual movement on the track e.g. foreign objects flying in front of oncoming athletes.

### List of Possible Infringements

#### 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.

#### 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

- (See information listed under Hurdles page 13)

#### FOR UNLANED EVENTS

- Interfering with another athlete such as jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.  
**Note:** Umpires perform the same duties during a Race Walking event. However, they cannot adjudicate on the rules of Race Walking.
- Off Track "excursion" (infield or outside).

#### FOR RELAYS

- Dropping the baton.  
**Note:** Once dropped, the baton may only be picked up by the athlete who dropped it. Dropping the baton alone is not an infringement.
- Out of lane or off track to recover baton.  
**Note:** Athletes can leave their lane or the course to retrieve the dropped baton, however they must exit and then re-enter at the same point, so as to not decrease the distance covered. Athletes must not interfere with any other athlete whilst retrieving their dropped baton.
- Interference during Takeover or after baton change.

- Receiving the baton before or after the takeover zone.
- Interfering with another athlete such as, jostling, pushing, tripping, cutting off, obstructing, locking or waving arms.

**Note:** Some of the Relay infringements may fall into the takeover zone Officials area of responsibility, but if noted they should be reported irrespective.

### Indicating "Infringements" / "All Clear"

- When all athletes have passed your location and:

**No infringements have occurred:** Raise the white flag or approved method, to give the "All Clear" to the Chief Umpire.

Wait for acknowledgment by the Chief Umpire before lowering flag or approved method.

**Infringements have occurred:** Raise the yellow flag or approved method, and keep it raised until the Chief Umpire acknowledges, then proceed to the location of the infringement on the track and fill in the infringement form. A Referee or an Assistant will collect the report from you.

Chief Umpire will keep yellow flag raised until report is taken and passed to the Referee.

### Duties of Chief Umpire

- Prepares the Umpiring roster.
- Instructs each Umpire as to their duties and positions on the track.
- Ensure that all Track Umpires are visible.
- Acknowledges the signals received from Umpires/Assistant Chief Umpires.
- Collects Umpire Report forms.
- Advises the Track Referee of any event reports or if the event is "All Clear".
- Monitors Umpire performance and well-being.



## HURDLES

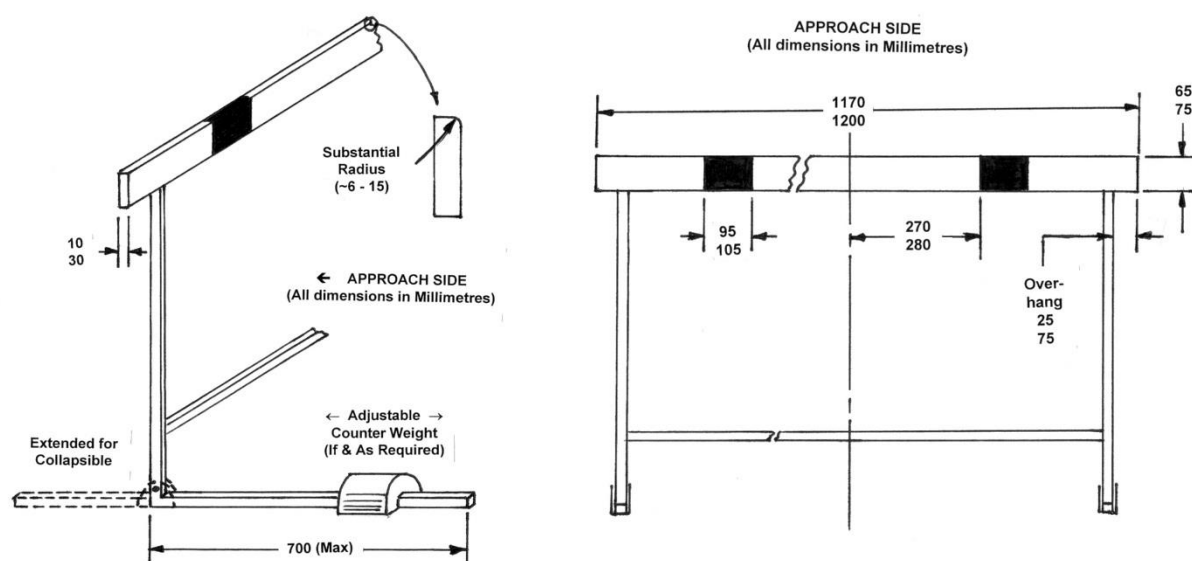
(Related IAAF Rules: Rule 168)

### 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. 52).
- Check the track conditions. In wet conditions, grass tracks in particular 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.
- The crossbar shall be coloured so as to be visible to all sighted athletes.
- Refer to specifications below for details of construction.



### 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.
- For the athletes to check their start and hurdle clearance, athletes are normally permitted a practice trial over the first two hurdle flights. Therefore, the third hurdle is laid down.
- All races will be run in lanes and each athlete must keep to their own lane throughout the race.
- An athlete will be disqualified if:
  - Do not **go over** each hurdle.
  - Their foot or leg at the instant of clearance is beside the hurdle or below the horizontal plane of the top of any hurdle.
  - they directly or indirectly knock down or displace any hurdle by hand, body or the upper side of the lead leg
  - significantly displaces a hurdle in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race.

- Provided that this Rule is otherwise observed, and the hurdle is not displaced, or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.
- The unintentional knocking down of hurdles will not result in disqualification, nor prevent a record being set. However, intentionally knocking down a hurdle will result in disqualification "DQ".

### **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.

## RELAYS

(Related IAAF Rules: Rule 170)

### Preparation for Event

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

### Definitions

- **Takeover zone:** The length of the takeover zone for all 4x100; all 4x200 and the first 2 legs of the medley relays is 30m. For all other takeover zones the length is 20m. i.e. there are no longer any acceleration zones.
- **Check Mark:** A marker placed within a lane to denote where the athlete's acceleration is to begin.
- **Break-line:** The point where the athletes may leave their respective lanes and cross to the inside of the track (3<sup>rd</sup> runners in the 4 x200, 1<sup>st</sup>/2<sup>nd</sup> runners in 4x400m and Medley).

### Equipment

- **Baton:** Smooth hollow tube, circular in cross section, made of a rigid material. Each is a different colour and numbered according to the lane in which it is used.
- **White Flags or approved method:** White flag to signal 'All Clear'
- **Yellow Flags or approved method:** To indicate 'infringement' has taken place.

### Officials Required

- Officials at each end of the takeover zone are referred to as takeover zone umpires. The more takeover zone umpires available, the easier it is to officiate, as athletes are spread across 8 lanes and regularly arriving/leaving the takeover zone together.

### General Rules

- The baton must be carried in the hand during the event. No gloves are allowed.
- The baton passing takes place within the applicable takeover zone (30m/20m). The position of the baton is decisive, not the athlete's body, head, feet or legs.
- If the baton is dropped, it must be picked up by the athlete who dropped it, not by another athlete in the same team or any other person.
- Assistance to athletes in the form of pacing, pushing off or other methods is not allowed and may lead to team disqualification.
- Athletes are not to run more than one section (leg) of a relay.
- Only in those sections (legs) run in lanes, athletes may use a check mark.
- **World Para Athletics:**  
For wheelchair relays, the Local Organising Committee shall provide helmet socks to each team of a distinctive colour to be easily identified during the race.
  - For wheelchair relays (T33-34, T51-52 and T53-54) and amputee relays (T42-47) the takeover shall be by a touch on any part of the body of the outgoing athlete. The first touch must be within the takeover zone. Pushing outgoing athlete to gain advantage during takeover shall result in disqualification.

- Baton Exchange for T11-13 Relays:
  - Either the athlete or the Guide-runner can carry the baton.
  - The baton exchange may take place between either Guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met.
  - A fair exchange is established when the baton carrier passes the baton to the baton receiver within the takeover zone.
  - Once the outgoing athlete and/or Guide-runner leaves the takeover zone they can re-enter the takeover zone to receive the baton (i.e., if they go too early).
  - One (1) Assistant per takeover zone will be allowed on the track to help with the positioning of any T12 athlete competing without a Guide-runner. The Assistant must leave the competition area prior to the start of the event and must remain in a position designated by the Technical Officials which does not interfere with the conduct of the race.
- For wheelchair relays and relays for Sports Classes T11-13 (i.e., involving Guide-runners), where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes.

### Laned & Unlaned Takeover Zones

#### LANED (4x100, 1<sup>ST</sup> & 2<sup>ND</sup> IN 4x200 & MEDLEY)

- The passing of the baton commences when both athletes are in contact with the baton – such contact must occur inside the takeover zone and is completed when the baton is in the sole possession of the receiving athlete.
- Athletes should remain in their lanes after handing over the baton until the track is clear to avoid obstructing other athletes.

#### UNLANED (MEDLEY & 4x200: 3<sup>RD</sup> CHANGES 4x400)

- Athletes in the 4x200 are lined up on the outside of the track in lane draw order on a line 3m inside the beginning of the takeover zone. The line is indicated by the placement of cones on the inside and outside of the track. Athletes in the 4x400 are lined up in the order in which the incoming athlete is at the 200m mark.
- After incoming athletes have passed the break-line, the awaiting athletes must maintain their order and must not exchange positions at the beginning of the takeover zone.
- Athletes are free to take their positions anywhere within the takeover zone.
- On completing the change, incoming athletes must clear the track quickly, endeavouring to ensure that no interference is caused to other teams.

**Note:** Officials are **not** to physically assist athletes during unlaned changeovers. They are there to direct the athletes.

### Position of Break lines

- The position of the break-line is different depending on the event:
  - **4x200m:** At the beginning of the back straight on the third leg of the event.
  - **Medley:** At the beginning of the front straight on the third leg of the event.

### Reporting Procedures for Officials

- If an infringement is noted at a takeover zone, the Official/Umpire will raise a yellow flag or approved method and report it to the Referee. Any infringements observed by Officials should be noted on a pre-printed form and collected by the Referee to adjudicate on the infringement.

## RACE WALKING

*(Related IAAF Rules: Rule 230)*

### 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

- **Judging Record Sheets:** Each Walk Judge should be issued with Walk Judge's Record Sheets for recording Yellow Paddles and Red Cards for each event. These are handed to the Chief Walk Judge (or their Assistant) at the conclusion of the event.
- **Chief Walk Judge's Summary Sheet:** Each event requires a Chief Walk Judge's Summary Sheet. The Chief Walk Judge is responsible for collating all the details received from the other Walk Judges. The completed Chief Walk Judge's Summary 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 Competition Director.

### 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 advancing foot first makes contact with the ground until it reaches the vertical upright position.

### Definition of Yellow Paddle and Red Card

- **Yellow Paddle:** Is advice given by the Walks Judge to an athlete who is in danger of breaking either of the Race Walking rules. It is a caution. This advice is given via a yellow paddle bearing one of two symbols: a squiggle for loss of contact, or an arrowhead for a bent knee. An athlete can receive YELLOW PADDLES from every judge on the course, but no more than two (one for each offence) from the same judge. If there were 9 judges on the course, an athlete could, in an extreme case, receive 18 YELLOW PADDLES in a race and still be entitled to finish.
  - The number of YELLOW PADDLES an athlete receives has NO bearing on whether they have been reported to the Chief judge for breaking the rules.
- **Red Card:** Is given by the Walks Judge to an athlete who has broken one of the Race Walking rules. It is a silent communication between the on-course Judges and the Chief judge. A Judge issues a RED CARD if an athlete has infringed the contact or bent knee rules. An athlete may be 'red carded' only twice and still be allowed to compete. On notification of a third RED CARD the Chief Judge shall indicate to the athlete via a Red Paddle that they are disqualified and must leave the course immediately. ((For Little Athletics, Red Cards are given verbally to athletes in events 1100m and less. Athletes will be notified by the Chief Judge at the end of the event if they have been disqualified)
  - Again, there is NO connection between the number of YELLOW PADDLES (CAUTIONS) an athlete receives and the act of issuing RED CARDS against them for actual rule infringement. A YELLOW PADDLE is there to assist the walker; a RED CARD is to sanction them.

## Methods of issuing a Yellow Paddle or Red Card

Walk Judges give:

- **Little Athletics:** Verbal Yellow Paddles are given for all age groups and where possible the athlete is shown a Yellow Paddle indicating the offence along with the verbal caution. Red Cards are given verbally to athletes in events 1100m and less. For other distances there is no verbal communications.

### EXAMPLES: YELLOW PADDLES & RED CARDS - LITTLE ATHLETICS

Number 15: Caution 'Knees' - where possible show the Yellow Paddle of the offence.

- **Athletics Australia and Masters:** No verbal communication with athletes.
  - The Yellow Paddle is shown to the athlete, but not the Red Card.

**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.**

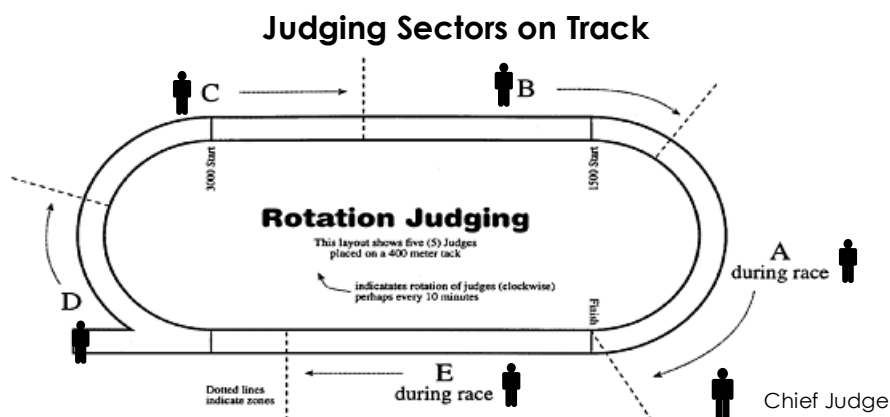
## Process

- If a Walk Judge suspects there is the possibility of an athlete infringing the rules, the Walk Judge:
  - Issues a Yellow Paddle either "Knees" or "Loss of Contact" by showing it to the athlete.
  - Records this Yellow Paddle and the time of infringement on their Walk Judges Record Sheet.
- If a Walk Judge notices a definite infringement, the Walk Judge should:
  - Issue a Red Card.
  - **Little Athletics:** (for distances 1100m and less), Verbal, "Number 10 Red Card – Contact".
  - All other age groups, the Red Card is silent, and the athletes are not informed.
  - Record the Red Card listing the athlete's number, type of infringement (knees/contact) and time of infringement on the Walk Judges Record Sheet.
  - Hand your Walk Judge's Record Sheet to the Chief Walk Judge as soon as the event is completed.

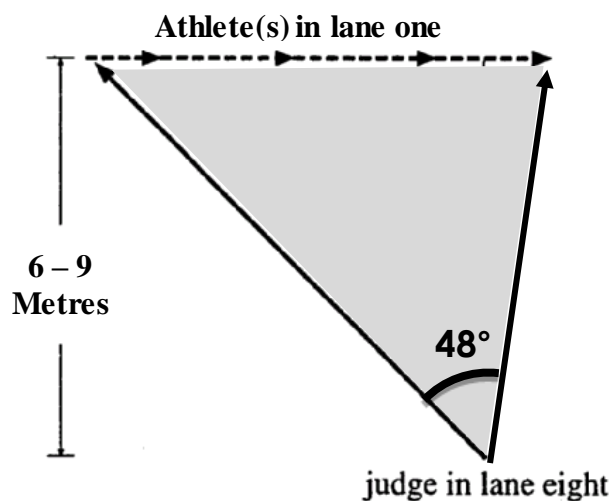
## Note

- 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.
- It is essential that the advancing foot be in contact with the ground before the rear foot is lifted.
- Each Walk Judge may Yellow Paddle an athlete once for loss of contact and one for bent knee. These Yellow Paddles do not count towards disqualification.
- Each Walk Judge may only Red Card the same athlete once.
- The Chief Walk Judge is normally the highest graded Walk Judge officiating.
- The Chief Walk Judge is the ONLY Judge who informs the athlete of their disqualification.
- Decisions of the Judging Panel are final.
- 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.
- It is best to view an athlete from side on, not from behind
- 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.
- Do not pre-Judge any athlete and do not be biased.
- Walk Judges must not confer with each other regarding their opinions (Yellow Paddles/Red cards) of athletes.
- **Little Athletics:** 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.

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



**Proper Area of Observation**



**Disqualifications**

The maximum number of Walk Judges for a track event is six (6) including the Chief Judge. The following should apply:

Number of Walk Judges	Number of Red Cards for Disqualification
2 or 3	2
4 - 6	3

## HIGH JUMP

*(Related IAAF Rules: Rule 180, 181, 182)*

### 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.
- 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 Referee considers the take-off or landing area has become dangerous.
- The landing area should be maintained in a safe condition.

### Equipment

- **Uprights:** x 2 fitted with a suitable adjustable bracket for holding crossbar.
- **Crossbar:** Circular in cross section with square/semicircular mounting blocks at each end for resting the bar on brackets.
- **Measuring Stick:** or tape.
- **Landing Bag:** Specifications vary between different organizations.
- **Broom:** For keeping Run-up area clean.
- **Marker/s:** For athletes to mark their run-up (tape) Each athlete is allowed 2 markers.
- **Windsock**
- **Recording Sheet:** For recording all the athlete's performances.

### Officials Required

- **Two Officials at the Uprights:** To return the crossbar to the supports.
- **One Official to judge the validity of the jump:** This official is the Chief Official for this event
- **One Official to Record and operate a Timeclock**

### 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.

### General Rules

- Prior to the competition the Chief Judge will announce to the athletes the starting height and increments.



- An athlete may commence jumping at any height above the starting height which must be at one of the stated increments.
- Three consecutive failures regardless of the height /s will eliminate the athlete.
- At the end of the round, the bar is usually raised in 5cm increments. When there are 4 or less athletes remaining, the increments will usually 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. Diving over the bar is not recommended.
- 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 Official as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.
- If an athlete fails to commence an attempt within the prescribed time of their name being called by the Official in charge, a failure will be recorded if deemed so by the Referee. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced within this time. (See time allocation on chart below).
- 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 their 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 Official, 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 (unless it is beyond the zero line).

### Recording:

- **O** indicates a Clearance or Valid Jump.
- **X** indicates a Failure
- **-** indicates a "Pass" or "Did Not Attempt at that height"

<b>Athlete</b>	<b>1.05</b>	<b>1.10</b>	<b>1.15</b>	<b>1.20</b>	<b>1.25</b>	<b>1.30</b>	<b>1.33</b>
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

- 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 will 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 will be awarded the higher place.
  - If the tie still remains and the Organising Committee has advised a "Jump Off "will occur then:
    - If it concerns first place, unless decided in advance according to the Technical Regulations applying to the to the competition, but before the start of the event by

the Technical Delegate or the Referee, the athletes tying will have one jump at the next scheduled height.

- If no decision is reached the bar will then be lowered or raised to the heights which were announced at the start of the competition by the Chief Judge by 2cm.
- Athletes will be awarded the best of all their jumps, including those in a "Jump Off."
- o If it concerns any other place the athletes will be awarded equal place in the competition.
- o If the Organising Committee has advised "No Jump Off" will occur, then all tied places will be equal.
- o

<b>Athlete</b>	<b>Best</b>	<b>Failures</b>	<b>Place</b>
A	1.30	4	= 2
B	1.30	4	= 2
C	1.30	5	4
D	1.30		1
E	NM		-

- All cleared 1.30m.
- D wins with the lowest number of attempts at 1.30m. (Cleared on 2<sup>nd</sup> attempt)
- A & B are equal 2nd with 4 failures.
- C is 4th with 5 failures.
- State Results will always show "NM" when an athlete fails to record a measurable height.

### Timing

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:

<b>No. Of Athletes</b>	<b>Time Allowed for Trial</b>
More than 3	1 minute
2-3	1.5 minutes
1	3 minutes
Consecutive Trials	2 minutes

## POLE VAULT

(Related IAAF Rules: Rule 180, 181, 183)

### Preparation for Event

- Ensure that all aspects of landing area and run up are safe for the athletes.
- Allow athletes time to warm up.
- Set bar at correct starting height (see measuring bar height below).

### Event Safety

- The Uprights may be moved during a competition if requested by the athlete between 0-80cm.
- The Landing Area should be maintained in a safe condition.

### Equipment

- **Uprights:** x 2 fitted with a suitable adjustable bracket for holding crossbar.
- **Crossbar:** (Circular in cross section) with square mounting blocks at each end for resting the bar on the brackets.
- **Measuring Stick:**
- **Landing Bags:** Vary according to the Organization.
- **Broom:** For keeping the Run-up area clean.
- **Marker/s:** For athletes to mark their run-up (tape). Each athlete is allowed individual 2 markers.
  - The Organising body provides markers alongside the runway from 2.5m -5m in half metres lengths; 5m -18m in metres lengths
- **Vauling poles:** Athletes provide their own.
- **Windsock**
- **Recording Sheet:** For recording all the athlete's performances.

### Officials Required

- **Two Officials at the Uprights:** To return the crossbar to the supports and move the Uprights to the athlete's desired position.
- **One Official to judge the jump:** This Official is the Chief Official for this event.
- **One Official to Record and operate a Timeclock**

### 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 of the zero line. 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.
- To measure the crossbar height the uprights must be in the "Zero" position.

### General Rules

- Prior to the competition the Chief Judge will announce to the athletes the starting height and increments.

- An athlete may commence jumping at any height above the starting height provided it is one of the specified heights.
- Three consecutive failures regardless of the height /s will eliminate the athlete.
- At the end of the round, the bar should be raised usually in 10cm increments. When there are 4 or less athletes remaining, the increments may be 5cms.
- 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.
- 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 Official as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.
- If an athlete fails to commence an attempt within the prescribed time of their name being called by the Official in charge, a failure will be recorded if deemed so by the Referee. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced within this time. (See time allocation on chart below).
- If the athlete touches the ground including the landing area beyond the vertical plane through the back end of the box with any part of their body or the vaulting pole, without first clearing the bar it is considered a failure.
- If the athlete after leaving the ground places their lower hand above the upper hand or moves his upper hand further up the pole it is a failure
- Or if during the vault the athlete steadies or replaces the bar with their hands, it is a failure

### Recording:

- **O** indicates a Clearance or Valid Jump.
- **X** indicates a Failure.
- **-** indicates a "Pass" or "Did Not Attempt at that height."

<b>Athlete</b>	<b>3.05</b>	<b>3.15</b>	<b>3.25</b>	<b>3.35</b>	<b>3.45</b>	<b>3.55</b>	<b>3.65</b>
<b>A</b>	-	XO	O	XO	O	XXO	XXX
<b>B</b>	O	O	O	X-	XO	XXO	XXX
<b>C</b>	O	O	X-	O	XXO	XXO	XXX
<b>D</b>	O	X-	O	XXO	XXO	XO	XXX
<b>E</b>	X-	X-	X				

### Determining the Results

- 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 will 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 will be awarded the higher place.
  - If the tie is for first place, and the Organising Committee has advised a "Jump Off" will occur, then the athletes tying will have one more jump at the next scheduled height above the height at which the tie occurred.
  - If no decision is reached the bar will then be lowered or raised by 5cm. Athletes will be awarded the best of all their jumps, including those in a "Jump Off."
    - If it concerns any other place, the athletes will be awarded equal place in the competition.
    - If the Organising Committee has advised "No Jump Off" will occur, then all tied places will be equal.

<b>Athlete</b>	<b>Best</b>	<b>Failures</b>	<b>Place</b>
A	3.55	4	= 2
B	3.55	4	= 2
C	3.55	5	4
D	3.55		1
E	NM		-

- All cleared 3.55m.
- D wins with the lowest number of attempts at 3.55m. (Cleared 3.55m on 2<sup>nd</sup> attempt).
- A & B are equal 2nd with 4 failures.
- C is 4th with 5 failures.
- State Results will always show "NM" when an athlete fails to record a measurable height.

### Timing

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:

<b>No. Of Athletes</b>	<b>Time Allowed for Trial</b>
More than 3	1 minute
2-3	2 minutes
1	5 minutes
Consecutive Trials	3 minutes

## LONG JUMP

(Related IAAF Rules: Rule 180, 184, 185)

### 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.
- Two markers are to be available/distributed to each athlete to mark their run-up.
- The distance from the edge of the pit to the front edge of the take-off area for:
  - **Little Athletics:**
    - U6-U8: Should not be less than 0.5m or more than 2m.
    - U9 and above: should not be less than 0.5m and not more than 3m.
  - **World Para Athletics:** Shall be placed between 1m and 3m from the nearer end of the landing area.
  - **Masters:** Follow IAAF rules

### 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:**
  - **Athletics Victoria:** Board 1.22m x 0.2m
  - **Little Athletics:**
    - U6-U8 1.22m x 1m Mat with thin layer of sand
    - U9-U10 1.22m x 0.5m Mat with thin layer of sand
    - U12 and above 1.22m x 0.2m Board or taped area
  - **World Para Athletics:** Board 1.22m x 0.2m.
    - Except Sport Classes T11 and T12 athletes where: The take-off area shall consist of a rectangle 1.00m x 1.22m which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc.) that the athlete leaves an impression on the area with their take-off foot.
  - **Masters: Board** 1.22m x 0.2m.
- **Tape Measures:** 1 for measuring (20m), 1 to assist athletes place markers for their Run-up (50m.).
- **Windsock:**
- **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.
- **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 the athlete's performances.
- **Markers:** Each athlete is permitted 2 markers to assist with their Run-up
- **Wind Gauge:** For measuring wind speed.

### Officials Required

- **One Official at Take-off Area Board.** Tasks include watching for foul jumps, measuring. (see measuring the jump).
- **Two Officials at the side of the Landing Area.** Tasks include finding break (imprint) made in sand (see measuring the jump) and raking and levelling the sand in the pit.
- **One Official to Record and operate a Timeclock**

### General Rules

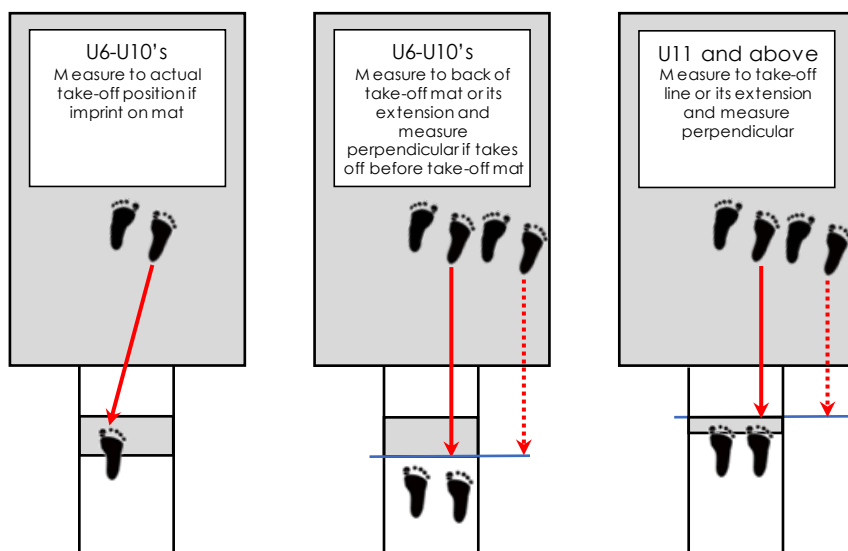
- The athletes fail if they employ any form of somersaulting.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

### Trials

- An athlete fails if, whilst taking off touches the ground beyond the Take-off Line or if the entire foot is outside the take-off area.
- Athlete markers may not be placed on runway, but two may be placed alongside the runway.
- Markers are not permitted in the landing area/pit.
- If during the run-up, an athlete touches the ground beyond the Take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a "**No Jump**".
- If, after completing the jump, an athlete walks back through the landing area towards the take-off area it is a '**No Jump**' except if they have first exited the pit correctly.
- In the act of landing an athlete must not touch the ground outside the landing area nearer to the Take-off point than the nearest break (imprint) in the landing area or before landing.

### Measuring the Jump

- All jumps must be measured perpendicularly from the nearest break in the Landing Area made by any part of the body to the edge of the board nearest to the pit (Take-off line). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- If an athlete takes 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 front edge of the Take-off area. The measurement must be taken perpendicular to the front 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.
- **Little Athletics:** U6-U10 measure from the nearest break in the landing area to the actual take-off position on the mat
  - U6-U10 if the athlete takes off before reaching the take-off mat, the measurement is taken from the nearest break in the landing area to the back edge of the take-off area or its extension perpendicularly



**Recording**

Best performance of each athlete 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	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.75	X	4.62	4.75	4
B	5.35	4.92	5.87	5.87	2
C	4.65	4.35	4.75	4.75	3
D	5.87	5.35	5.03	5.87	1
E	X	X	X	NM	-

- D beats B on count back to 3rd Best Trial. 9 (i.e. 2<sup>nd</sup> trial the same)
- C beats A on count back to 2nd Best Trial.
- X should be used to indicate an Invalid Trial.
- State Results will always show "NM" when an athlete fails to record a measurable trial.

**Timing**

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure:

No. Of Athletes	Time Allowed for Trial
More than 3	1 minute
Consecutive Trials	2 minutes



## TRIPLE JUMP

(Related IAAF Rules: Rule 180, 184, 186)

### Definition

- The Triple Jump consists of three distinct skills performed at speed in a continuous action in the following order:
  - **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 the first event of the day, the pit needs to be carefully dug over to loosen sand and whilst turning and levelling the sand, an inspection and removal of objects such as sticks, stones, etc. to avoid injury to the athletes must be undertaken.

### 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 athletes 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

- **Athletics Victoria events:** board
    - **Men** – 13m
    - **Women** – 11m
  - **Little Athletics:** (mat, sand, tape or board):
    - U11 and above – 1.22mx0.2m tape/board
- NOTE: U10 and below: Triple Jump is not offered at any levels of competition**

- **Tape Measures:** 1 for measuring (20m), 1 for athletes to use to mark their Run-ups (50m)
- **Windsock**
- **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
- **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 the athlete's performances.
- **Marker:** Each athlete is permitted 2 markers to assist with their Run-up.

### Officials Required

- **One Official at Take-off Area /Board.** Tasks include watching for foul jumps, measuring (see below for measuring the jump).
- **Two Officials at the side of the Landing Area.** Tasks include finding break (imprint) made in sand (see below for measuring the jump) and raking & levelling the sand in the pit.
- **One Official to Record and operate a Timeclock**

### Number of Trials

- Each athlete is entitled to 3 trials. The Organising body will decide how many additional trials are permitted.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

### Trials

- An athlete fails if, whilst taking off touches the ground beyond the Take-off Line or if the entire foot is outside the take-off area.
- Athlete markers may only be placed alongside the runway
- Markers are not permitted in the Landing Area/pit, or beyond the Take-off Area.
- If during the Run-up, an athlete touches the ground beyond the Take-off line with any part of their body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a "**No Jump**".
- If after completing the jump an athlete walks back through the Landing Area towards the Take-off area it is a '**No Jump**' except if they have first exited the pit correctly.
- In the course of landing an athlete must not touch the ground outside the Landing Area nearer to the Take-off point than the nearest break (imprint) in the Landing Area.

### Note

- The trailing leg can contact the ground during the trial without penalty.
- An underage athlete may change the position of their take-off board. However, they must inform the Recorder before jumping. This is a safety issue.

### 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 Take-off Board or its extension. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.

## Timing

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure

No. Of Athletes	Time Allowed for Trial
More than 3	1 minute
Consecutive Trials	2 minutes

## Recording

- The athlete's best performance 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 or jumps in a count back.

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	10.76	X	9.62	10.76	4
B	11.35	10.92	11.88	11.88	2
C	10.65	10.35	10.76	10.76	3
D	11.88	11.35	11.03	11.88	1
E	X	X	X	NM	-

- D beats B on count back to 3rd Best Trial (i.e. 2<sup>nd</sup> jump the same)
- C beats A on count back to 2nd Best Trial
- X should be used to indicate an Invalid Trial

## DISCUS

*(Related IAAF Rules: Rule 180, 187, 189)*

### Event Safety

- Discus circles should be enclosed with a cage to protect athletes, Officials and other events which may be being conducted.
- Apart from the Chief Official and the Officials in the Landing Sector, everyone **MUST** stand behind the athlete, and at least 1m away from the safety cage.
- Except the competing athlete, everyone **MUST** be outside the cage.
- The discus should be **CARRIED** back to the circle - never thrown.

### Officials Required

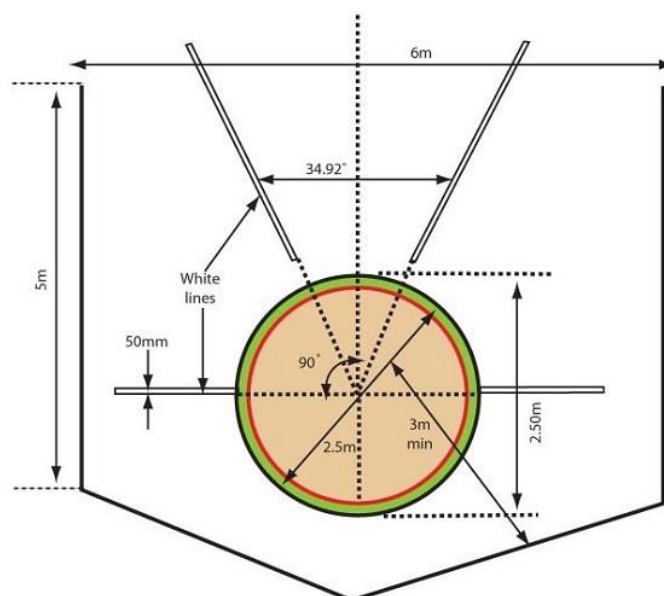
- **Two Officials at the Circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One Official at side of or inside the Landing Sector.** Tasks include locating and marking the point of impact of the discus and returning the discus to the circle.
- **One Official to Record and operate a Timeclock**

### Equipment

- **Sector and Circle:** Clearly marked (as below).
- **Tape Measure:** (50-100m).
- **Windsock**
- **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 the athlete's performances.
- **Cloth:** To wipe and clean the discus.
- **Broom:** To sweep the surface of the discus circle.
- **Chalk:** To get a better grip on the implement.

## Venue Dimensions

- The discus is thrown from a circle into a sector of  $34.92^\circ$ . The inside diameter of the circle is 2.50m. All lines used to mark the circle and sector, are 50mm wide.



## Implement Weights

<b>Little Athletics</b>	<b>U6 - U8</b>	350g	
	<b>U9 - U10</b>	500g	
	<b>U11-U13</b>	750g	
	<b>U14-U16</b>	1kg	
	<b>Age</b>	<b>Men</b>	<b>Women</b>
<b>IAAF</b>	<b>U14</b>	1kg	1kg
	<b>U15</b>	1kg	1kg
	<b>U16</b>	1kg	1kg
	<b>U17</b>	1.5kg	1kg
	<b>U18</b>	1.5kg	1kg
	<b>U20</b>	1.75kg	1kg
	<b>Open</b>	2kg	1kg
<b>MASTERS</b>	<b>30-49</b>	2kg	1kg
	<b>50-59</b>	1.5kg	1kg
	<b>60-74</b>		1kg
	<b>60-69</b>	1.0kg	
	<b>70-79</b>	1.0kg	
	<b>74+</b>		0.75kg
	<b>80+</b>	1.0kg	
<b>PARA ATHLETES</b>	Please refer to WPA Rules as different weights for classifications /gender		

## Number of Trials

- Each athlete is entitled to 3 trials
- The Technical Regulations of the event determines how many additional trials an athlete may be entitled.

## Valid Trial

- There is no correct way to throw a discus, but:
  - The trial 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 trial with any part of their body. They are allowed to touch the inside of the circle.

**NOTE:** It, however, will not be considered a failure if the touch is made without propulsion and occurs during a rotation at any point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

- For a valid trial, 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 trial, stop and place the discus down in the circle and then recommence the trial again, providing that no other infringement has occurred.
- Once competition has begun, athletes will not be permitted to use the circle or ground within the sector for practice trials with or without implements.

## Method of Measurement

- Officials select the imprint (mark) made by the discus on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.
- If the discus hits the cage and deflects back into the sector, it will be a valid trial and measured providing no other infringement occurs.

## Recording

- The athlete's best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	14.75	X	14.62	14.75	4
B	15.35	14.92	15.88	15.88	2
C	14.65	14.35	14.75	14.75	3
D	15.88	15.35	15.03	15.88	1
E	X	X	X	NM	-

- D beats B on count back to 3rd best throw (i.e. 2<sup>nd</sup> best throw is the same)
- C beats A on count back to 2nd best throw
- X should be used to indicate an invalid trial
- State Results will always show "NM" when an athlete fails to record a measurable trial.

**Timing**

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure

<b>No. Of Athletes</b>	<b>Time Allowed for Trial</b>
More than 3	1 minute
Consecutive Trials	2 minutes

## HAMMER

*(Related IAAF Rules: Rule 180, 187, 191)*

### Event Safety

- Hammer circles should be enclosed within a cage with moveable gates to protect athletes, Officials and other events which may be being conducted.
- Except the competing athlete, everyone must be outside the cage.
- The hammers should be **CARRIED** back to the circle - never thrown.

### Officials Required

- **Two Officials at the Circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One Official at side of or inside the Landing Sector.** Tasks include locating and marking the point of impact of the hammer in the Landing Sector and returning the hammer to the circle.
- **One Official to Record and operate a Timeclock**

### Equipment

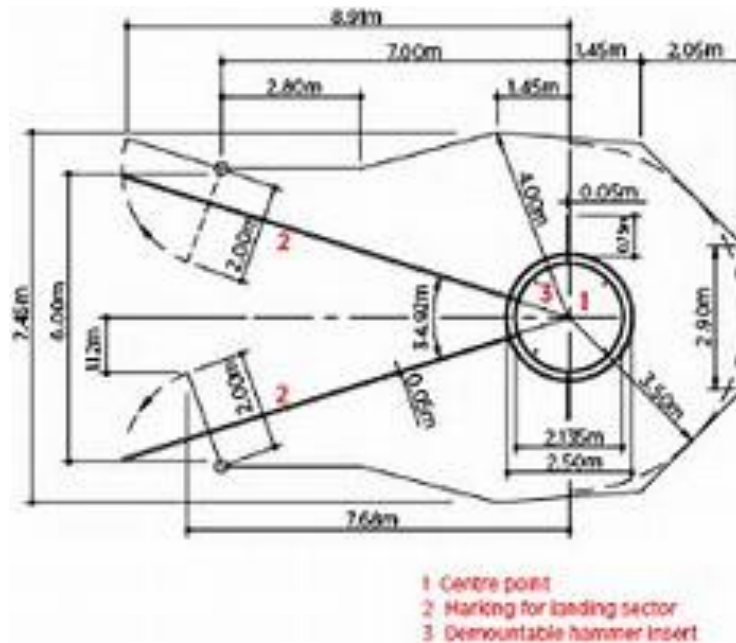
- **Sector and Circle:** Clearly marked (as below).
- **Tape Measure:** (50-100m).
- **Hammer:** (as specified below, provided by the Organising Committee).
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the hammer on landing.
- **Recording Sheet:** For recording all athlete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



## Venue Dimensions

- The hammer is thrown from a circle into a sector of  $34.92^\circ$ . The inside diameter of the circle is 2.135m. All lines used to mark the circle and sector, are 50mm wide.

### Layout of Hammer Circle



## Implement Weights

IAAF	Age	Men	Women
	<b>U14</b>	3 kg	3 kg
	<b>U15</b>	4kg	3kg
	<b>U16</b>	4kg	3kg
	<b>U17</b>	5 kg	3kg
	<b>U18</b>	5 kg	3kg
	<b>U20</b>	6 kg	4kg
	<b>Open</b>	7.26 kg	4kg
<b>MASTERS</b>	<b>30-49</b>	7.26kg	4kg
	<b>50-59</b>	6kg	3kg
	<b>60-74</b>		3kg
	<b>60-69</b>	5kg	
	<b>70-79</b>	4kg	
	<b>74+</b>		2kg
	<b>80+</b>	3kg	
<b>PARA ATHLETES</b>	Not offered at WPA events but some Class 20 athletes may wish to compete		

### Number of Trials

- Each athlete is entitled to 3 trials, but the Technical Regulations may entitle the athlete to more.

### Valid Trial

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the hammer has landed.
- It shall be a failure if an athlete in the course of a trial:
  - after the athlete has stepped into the circle and begun to make a throw, touches with any part of their body the top (or the top inside edge) of the rim or the ground outside the circle;

**Note:** It, however, will not be considered a failure if the touch is made without propulsion and occurs during a rotation at any point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.
- For a valid trial, the hammer 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 trial, stop and place the hammer down in the circle and then recommence the trial again, providing that no other infringement has occurred.
- Once competition has begun, athletes will not be permitted to use the circle or ground within the sector for practice trials with or without implements.

### Method of Measurement

- Officials select the imprint (mark) made by the hammer on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.
- If the hammer hits the cage and deflects back into the sector it will be a valid trial and measured providing no other infringement occurs.

### Recording

- The athlete's best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	14.75	X	14.62	14.75	4
B	15.35	14.92	15.88	15.88	2
C	14.65	14.35	14.75	14.75	3
D	15.88	15.35	15.03	15.88	1
E	X	X	X	NM	-

- D beats B on count back to 3rd best throw (i.e. 2<sup>nd</sup> best throw is the same)
- C beats A on count back to 2nd best throw
- X should be used to indicate an invalid trial
- State Results will always show "NM" when an athlete fails to record a measurable trial.

**Timing**

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure

<b>No. Of Athletes</b>	<b>Time Allowed for Trial</b>
More than 3	1 minute
Consecutive Trials	2 minutes

## SHOT PUT

*(Related IAAF Rules: Rule 180, 187, 188)*

### 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.
- Everyone should stand 2m behind the athlete.
- The shot should be **CARRIED** back to the circle - never thrown.

### Equipment

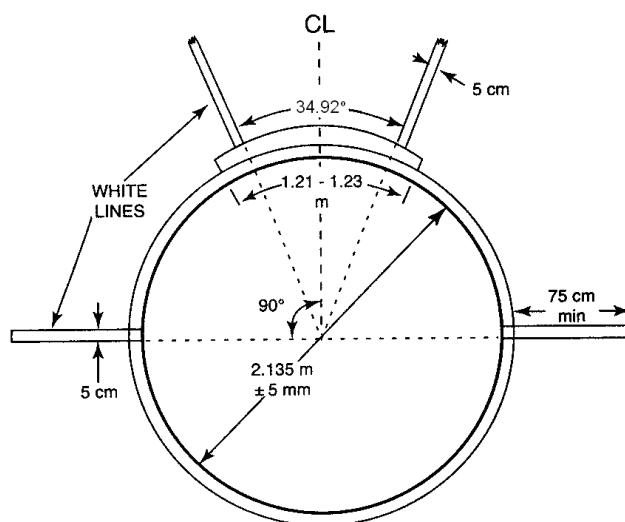
- **Sector and Circle:** Clearly marked (as below).
- **Tape Measure:** (20m).
- **Shot:** (As specified below, provided by the Organising Committee).
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the shot on landing.
- **Recording Sheet:** For recording all the athlete's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

### Officials Required

- **Two Officials at the Circle:** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle
- **One Official at the side or inside the Landing Sector:** Tasks include locating and marking the point of impact of the shot and returning the shot to the circle.
- **One Official to Record and operate a Timeclock**

## Venue Dimensions

- The Shot is 'put' from a circle into a Sector of  $34.92^\circ$ . 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**

## Implement Weights

<b>LITTLE ATHLETICS</b>	U6 - U7	1kg (recommended)		
	U8	1.5kg (recommended)		
	U9 - U12	2kg		
	U13 - U14 U15G - U16G	3kg		
	U15B - U16B	4kg		
<b>IAAF</b>	<b>Age</b>	<b>Men</b>	<b>Women</b>	
	U14	3kg	3kg	
	U15	4kg	3kg	
	U16	4kg	3kg	
	U17	5kg	3kg	
	U18	5kg	3kg	
	U20	6kg	4kg	
	Open	7.26kg	4kg	
	<b>MASTERS</b>	30-49	7.26kg	4kg
		50-59	6kg	3kg
60-74		5kg	3kg	
60-69				
70-79		4kg		
74+			2kg	
	80+	3kg		
<b>PARA ATHLETES</b>	Please refer to WPA Rules as different weights for classifications /gender			

### Number of Trials

- Each athlete is entitled to 3 trials, but the Technical Regulations will determine how many more they are entitled.

### Valid Trial

- The trial must be commenced from a stationary position inside the circle.
  - The athlete must not leave the circle until the shot has landed.
  - It shall be a failure, if an athlete in the course of a trial:
    - Releases the shot other than as permitted under Rules 188.1 and 193.1
    - After they have stepped into the circle and begun to make a throw, touches with any part of their body the top (or the top inside edge) of the rim or the ground outside the circle;
- Note:** It, however, will not be considered a failure if the touch is made without propulsion and occurs during a rotation at any point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.
- Touches with any part of their body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);
  - 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 must be put from the shoulder with one hand only. At the start of the trial the Shot should touch or be in close proximity to the neck or chin and should 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 trial, stop and place the Shot down in the circle and then recommence the trial again, providing that no other infringement has occurred.
  - Once competition has begun, athletes will not be permitted to use the circle or ground within the sector for practice trials with or without implements.

### Method of Measurement

- Officials select the 'imprint mark' made by the Shot on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest centimetre (cm) below the distance put, unless the reading is a whole centimetre.

## Recording

The athlete's best performances should be circled or highlighted.  
Ties are broken by referring to the next best throw.

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.76	X	4.62	4.76	4
B	5.35	4.92	5.88	5.88	2
C	4.65	4.35	4.76	4.76	3
D	5.88	5.35	5.03	5.88	1
E	X	X	X	NM	-

- D beats B on count back to 3rd best put (i.e. 2<sup>nd</sup> put the same; 3<sup>rd</sup> different)
- C beats A on count back to 2nd best put
- X should be used to indicate an invalid trial
- State Results will always show "NM" when an athlete fails to record a measurable trial.

## Timing

- If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure.

No. Of Athletes	Time Allowed for Trial
More than 3	1 minute
Consecutive Trials	2 minutes

## JAVELIN

*(Related IAAF Rules: Rule 180, 187, 193)*

### Event Safety

- The Chief Judge should stand alongside the runway.
- Everyone should stand behind the athlete.
- Everyone **MUST** watch the athlete with the javelin.
- 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:** (50-100m).
- **Javelin:** (As specified below and provided by Organising Committee).
- **Spike:** To hold zero end of tape where the metal head first strikes the ground.
- **Windsock**
- **Recording Sheet:** For recording all the athlete's performances.
- **Cloth:** To wipe and clean the javelins.
- **Broom:** To sweep the javelin runway.
- **Markers:** For athletes to mark their run-up (2 permitted).
- **Chalk:** To get a better grip.

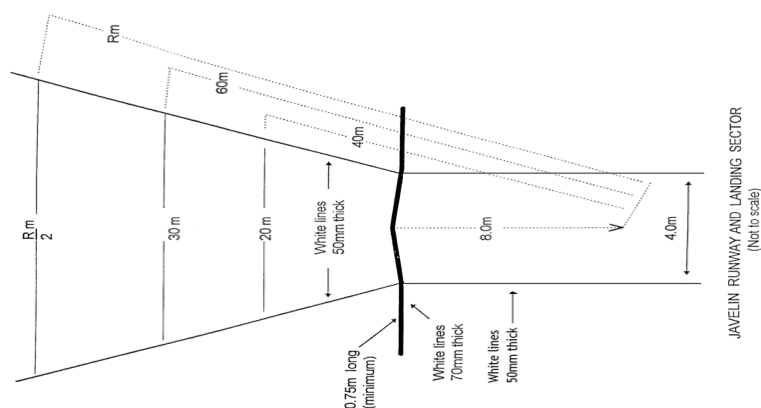
### Officials Required

- **Two Officials at the Arc.** Tasks include watching for foul throws, measuring and pulling the end of the tape back to the bottom of the "V" marked on the Runway. (8m from the arc).
- **One Official at side of the or inside the Landing Sector.** Tasks include finding and marking the point of impact of the javelin tip and returning the javelin.
- **One Official to Record and operate a Timeclock.**



## Venue Dimensions

- The length of the Runway should be 30-36.5m and the width is 4m 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, 8m from the arc line. The Sector is thus 28.95 °.



## Implement Weights

<b>LITTLE ATHLETICS</b>	U11B - U12B	400g	
	U11G - U14G	400g	
	U15G - U16G	500g	
	U13B - U14B	600g	
	U15B- U16B	700g	
<b>IAAF</b>	<b>Age</b>	<b>Men</b>	<b>Women</b>
	<b>U14</b>	600g	400g
	<b>U15</b>	700g	500g
	<b>U16</b>	700g	500g
	<b>U17</b>	700g	500g
	<b>U18</b>	700g	500g
	<b>U20</b>	800g	600g
	<b>Open</b>	800g	600g
<b>MASTERS</b>	<b>30-49</b>	800g	600g
	<b>50-59</b>	700g	500g
	<b>60-74</b>		500g
	<b>60-69</b>	600g	
	<b>70-79</b>	500g	
	<b>74+</b>		400g
	<b>80+</b>	400g	
<b>PARA ATHLETES</b>	Please refer to WPA Rules as different weights for classifications /gender		

### **Number of Trials**

- Each athlete is entitled to 3 trials, but the Technical Regulations will determine how many additional trials and athlete is permitted.
- Allow athletes a practice throw(s) to check their run-up if possible.

### **Valid Trial**

- 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.
- A trial will be valid only if the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. 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 that 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 leave forward of 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.

## Method of Measurement

- The measurement of each throw will be made from where the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle of which the arc is a part (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 unless the reading is a whole centimetre.

## Recording

- The athlete's best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	24.75	X	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	25.03	25.87	1
E	X	X	X	NM	-

- D beats B on count back to 3rd Best Throw (i.e. 2<sup>nd</sup> best is the same)
- C beats A on count back to 2nd Best Throw
- X should be used to indicate an Invalid Trial
- State Results will always show "NM" when an athlete fails to record a measurable trial.

## Timing

If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed. The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 180.18, the trial shall be recorded as a failure

No. Of Athletes	Time Allowed for Trial
More than 3	1 minute
Consecutive Trials	2 minutes

**EQUIPMENT SPECIFICATIONS****Hurdles + Steeple**

<b>MEN'S HURDLES</b>							
Age Group	Distance	Height	No. of Flights	Distance start to first hurdle	Distance between hurdles	Distance last hurdle to finish	Colour
<b>ATHLETICS AUSTRALIA</b>							
Open	400m	0.914m	10	45m	35m	40m	Green
U20		0.914m					
U18		0.840m					
U16	200m	0.762m	10	18.29m	18.29m	17.10m	Purple
Open	110m	1.067m	10	13.72m	9.14m	14.02m	Blue
U20		0.991m					
U18		0.914m					
U16	100m	0.840m	10	13m	8.5m	10.5m	Yellow
U14	90m	0.762m	9	13m	8m	13m	White
<b>SCHOOL SPORTS AUSTRALIA</b>							
18-20	110m	0.991m	10	13.72m	9.14m	14.02m	Blue
16-17		0.914m					
14-15	100m	0.762m	10	13m	8.5m	10.5m	Yellow
12-13	90m [Sec]	0.60m	9	13m	8m	13m	White
11-13	80m [Prim]	0.68m	9	12m	7m	12m	Black
9-10		0.60m					
<b>LITTLE ATHLETICS AUSTRALIA</b>							
U15-U16	300m	0.76m	7	50m	35m	40m	Green
U14	200m	0.76m	5	2m	35m	40m	Green
U13		0.68m					
U15-U16	100m	0.76m	10	13m	8.5m	10.5m	Yellow
U14	90m	0.76m	9	13m	8m	13m	White
U13	80m	0.76m	9	12m	7m	12m	Black
U12		0.68m					
U11		0.60m					
U10	60m	0.60m	6	12m	7m	13m	Orange
U9		0.45m					

<b>WOMEN'S HURDLES</b>							
Age Group	Distance	Height	No. of Flights	Distance start to first hurdle	Distance between hurdles	Distance last hurdle to finish	Colour
<b>ATHLETICS AUSTRALIA</b>							
Open	400m	0.762m	10	45m	35m	40m	Green
U20		0.762m					
U18		0.762m					
U16	200m	0.762m	10	18.29m	18.29m	17.10m	Purple
Open	100m	0.840m	10	13m	8.5m	10.5m	Yellow
U20		0.840m					
U18		0.762m					
U16	90m	0.762m	9	13m	8m	13m	White
U14	80m	0.762m	9	12m	7m	12m	Black
<b>SCHOOL SPORTS AUSTRALIA</b>							
18-20	100m	0.840m	10	13m	8.5m	10.5m	Yellow
16-17		0.762m					
14-15	90m	0.762m	10	13m	8m	13m	White
12-13	80m [Sec]	0.762m	9	12m	7m	12m	Black
11-13	80m [Prim]	0.68m	9	12m	7m	12m	Black
9-10		0.60m					
<b>LITTLE ATHLETICS AUSTRALIA</b>							
U15-U16	300m	0.76m	7	50m	35m	40m	Green
U14	200m	0.76m	5	20m	35m	40m	Green
U13		0.68m					
U15-U16	90m	0.76m	9	13m	8m	13m	White
U13-14	80m	0.76m	9	12m	7m	12m	Black
U12		0.88m					
U11		0.60m					
U10	60m	0.60m	6	12m	7m	13m	Orange
U9		0.45m					

<b>MEN'S MASTERS HURDLES</b>							
Age Group	Distance	Height	No. of Flights	Distance start to first hurdle	Distance between hurdles	Distance last hurdle to finish	Colour
30-49	110m	0.991m	10	13.72m	9.14m	14.02m	Blue
50-59	100m	0.914m	10	13m	8.5m	10.5m	Yellow
60-69	100m	0.840m	10	12m	8m	16m	
70-79	80m	0.762m	8	12m	7m	19m	
80+		0.682m					
30-49	400m	0.914m	10	45m	35m	40m	Green
50-59		0.840m					
60-69	300m	0.762m	7	50m	35m	40m	Green
70-79		0.686m					
80+	200m	0.762m	5	20m	35m	40m	Green

<b>WOMEN'S MASTERS HURDLES</b>							
Age Group	Distance	Height	No. of Flights	Distance start to first hurdle	Distance between hurdles	Distance last hurdle to finish	Colour
30-39	100m	0.840m	10	13m	8.5m	10.5m	Yellow
40-49	80m	0.762m	8	12m	8m	10.5m	
50-59	80m	0.762m	8	12m	7m	19m	
60+		0.686m					
30-49	400m	0.762m	10	45m	35m	40m	Green
50-59	300m	0.762m	7	50m	35m	40m	Green
60-69		0.686m					
70+	200m	0.686m	5	20m	35m	40m	Green

<b>MEN'S STEEPLE</b>		
Open- U20	3000m	0.914m
U18	2000m	0.914m
U16	2000m	0.762m
<b>WOMEN'S STEEPLE</b>		
Open- U20	3000m	0.762m
U18	2000m	0.762m
U16	2000m	0.762m
<b>MASTER'S STEEPLE</b>		
30-59 Men	3000m	0.914m
60+ Men All Women	2000m	0.762m

<b>3000m Steeple</b>	<b>2000m Steeple</b>
28 Hurdle Jumps 7 Water Jumps (WJ) WJ inside track 7.6laps WJ outside track 7.2laps No jumps until athletes pass finish line for the first time	18 Hurdle Jumps 5 Water Jumps (WJ) WJ inside track - 5.2 laps WJ outside track - 4.75 laps

## OTHER RESOURCES

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

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

### **Athletics Victoria – Competition Rules and IAAF Rule Book**

All events conducted by Athletics Victoria are conducted under the IAAF Rules. However, there are some competitions where the Technical Regulations differ.

**WEBSITE:**

<http://www.athsvic.org.au/Competition/Rules-Regulations>



### **LAVic Competition Rules and IAAF Rule Book**

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

These Competition Rules & Regulations can be found on the LAVic website [www.lavic.com.au](http://www.lavic.com.au)  
Competition > Rules & Regulations

**WEBSITE**

<http://www.lavic.com.au/Competition/Rules-And-Regulations>

### **Masters Athletics**

Masters competitions compete under the IAAF rules with modifications as outlined:

<http://www.australianmastersathletics.org.au/event-technical-specifications/>

### **Australian Sports Commission - Introductory Level Officiating General Principles online course**

The Introductory Level 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.

**WEBSITE:**

<http://www.usport.gov.au/participating/resources/officials/onlineofficial>

## 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 is material 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.

### WEBSITE

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



## School Sport Victoria

School Sport Victoria is a merge of the Victorian Primary Schools' Sports Association and the Victorian Secondary Schools' Sports Association that occurred during 2009 and was established January 1, 2010. The two-member associations have steered a school sport program for over 2,300 schools, all Victorian primary schools, government and non-government and all Victorian government secondary schools. These two associations existed for over 100 years providing an ongoing interschool sport program for Victorian students.

### WEBSITE FOR TECHNICAL SPECIFICATIONS

<http://www.ssv.vic.edu.au/Downloads%20Library/Track%20and%20Field%20Technical%20Specifications%20Primary%20and%20Secondary.pdf>

