

# Little Athletics South Australia

# **OFFICIALS GUIDE**



**Revised June 2025**



# LITTLE ATHLETICS SA OFFICIALS GUIDE

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## GENERAL NOTES

*These general rules apply to the conduct of all State Events, and at centre meets.*

1. Rules should be applied with discretion for the under 6 to under 8 age groups at centre meets.
2. Correct centre uniform must be worn.
3. At the SA Athletics Stadium, 7mm long spikes are ONLY permitted for under 11 to under 17 age groups (subject to event rules).
4. State Championships are ONLY conducted for the under 9 to under 17 age groups.
5. In championship events, athletes must compete in their own age group.
6. State Best Performances are only recorded for Little Athletics SA Standard events and for the under 9 to under 17 age groups.
7. Only bona-fide officials and volunteers are permitted inside the arena.
8. Coaching by any means, within the arena, will lead to the disqualification of the athlete.
9. The wearing of footwear is compulsory.
10. Remember at all times, the motto of Little Athletics is "Family, Fun and Fitness".

# THE ROLE OF AN OFFICIAL

## ROLE

Primarily, the role of an Official is to;

- Facilitate the opportunity for children to complete, ‘have a go’, and enjoy athletics.
- Ensure that all children are safe.
- Assist all athletes to improve their skill.
- Create a fun environment to which children want to return.
- Officiate the rules of the event.
- Be Cool! Calm! and Confident! Use your common sense and at all times consider if your decision is in the best interests of the athletes.

## OFFICIATING YOUNG CHILDREN

Officiating Little Athletics is not the same as officiating senior sport.

- Be consistent, fair and objective when making decisions, giving the benefit of the doubt to the child.
- Be courteous when making decisions, use it as a learning experience for the child. If the child has performed an event incorrectly, educate them in the correct way, and allow another attempt (if possible).
- Compliment and encourage all participants– officials are role models and a source of confidence building for a child.
- Ensure that the activity is conducted within “the spirit of the game” and that sportsmanship underpins all actions.
- Always remember that officials in Little Athletics have an important responsibility. As a child’s first foray into Little Athletics, a positive experience will help set in place a lifetime of involvement.

## WORKING WITH CHILDREN CHECK

**It is a requirement of Little Athletics SA, that all State Officials must have a valid Working with Children Screening and Background Check.**

**Please contact Little Athletics SA for more information.**

# MANAGING & COMMUNICATING

## MANAGING & COMMUNICATING WITH CHILDREN

Understanding the technical side of an athletics event is not the only aspect of officiating; another important role is to be effective at managing and communicating with groups of children and volunteers.

## COMMUNICATING WITH CHILDREN

There are a number of factors to consider when officiating children. Children are not little adults. When communicating remember;

- Instructions have to be clear, concise, and have practical meanings.
- Do not leave the interpretations of instructions up to the child.
- Think about the words used. The words should reflect literally what the message is.
- Always be encouraging, children are very good at remembering experiences. If they break a rule, be encouraging, supportive and directional in the language you use. Officiating should be a form of instruction, on how to compete in an event correctly.
- Sarcasm should be avoided at all times.

## MANAGING CHILDREN

- Apply guidelines to ensure athlete safety (including heat and blood rule guidelines).
- Be aware of the available first aid facilities, prior to an event.
- Manage and minimise conflict between athletes and take action against inappropriate behavior.
- Never be alone with a child.
- If you require assistance to manage a group, call on an additional volunteer to help.

# MANAGING & COMMUNICATING

## MANAGING & COMMUNICATING WITH VOLUNTEERS

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

### MANAGING VOLUNTEERS

- Always thank volunteers for their assistance and point out the fact that their efforts are the reason why the children will have/have had an enjoyable experience.
- Do not assume volunteers have the knowledge or the experience in a certain field. Educate them with their duties and responsibilities, in an appropriate manner.
- Allow and encourage new volunteers to make suggestions.

### COMMUNICATING WITH VOLUNTEERS

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

- Before the start of the event, explain that the level of officiating will match the skill level and age of the children.
- Set the tone of how the activity will be conducted.
- Be clear with any points that may be subjective eg. the shot put action, so that all officiating is consistent.
- Explain the roles of the volunteers and the exact tasks you'd like them to perform, do not assume that they already know. Volunteers and helpers are sometimes reluctant to ask for help if they feel it is embarrassing to appear naïve.
- Be friendly, everyone is at Little Athletics to enjoy themselves.

# CODE OF BEHAVIOUR

## CODE OF BEHAVIOUR FOR OFFICIALS

- Compliment all participants on their effort.
- Be consistent, objective and courteous in calling all infringements.
- Condemn unsporting behaviour and promote and encourage respect for all opponents.
- Ensure that the “spirit of the game” for children is not lost by using common sense and not over emphasising errors.
- Ensure that all equipment & facilities meet safety standards and are appropriate to the age and ability of the participants.
- Reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour as an official, is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.

# COMPETITION RULES

Little Athletics competitions in South Australia are conducted under the Standard Rules for Competition of Little Athletics Australia.

The Standard Rules for Competition of Little Athletics Australia are a modification of the World Athletics Competition and Technical Rules and the World Para Athletics Rules and Regulations.

The Technical Rules authorise organising committees to alter the rules of competition under Technical Rule 1, and to set relevant Technical Regulations for the competitions being conducted. The Little Athletics SA Competition Regulations set out the modification and regulations applicable to Little Athletics SA competitions.

The Little Athletics SA Competition Regulations are available from <https://salaa.org.au/competition-rules-regulations/>.

The Standard Rules for Competition of Little Athletics Australia are available from <https://www.littleathletics.com.au/competitions-and-regulations/standard-rules-of-competition/>.

The current World Athletics Competition and Technical Rules are available from <https://worldathletics.org/about-iaaf/documents/book-of-rules#collapsebook-c-competition>.

The current World Para-Athletics Rules and Regulations are available from <https://www.paralympic.org/athletics/rules>.

This document is a guide for officials of Little Athletics, which is sufficient for officiating at Centre competitions. Officials at state competitions should be familiar with the Little Athletics SA Competition Regulations and the Standard Rules for Competition of Little Athletics Australia.



# REFEREES

## Standard Rule CR18

1. One or more Referees will be appointed for track and field events. The appointed Meeting Managers may also act as Referees.
2. Referees shall ensure that the Rules (and applicable Technical Regulations) are observed and shall decide upon any matters which arise during the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the presentation ceremony) and for which provision has not been made in these Rules (or any applicable Technical Regulations).
3. The appropriate Referee shall check all final results, shall deal with any disputed points and shall supervise the measurements of Record performances. At the conclusion of each event, the result card shall be completed immediately, signed by the appropriate Referee and conveyed to the Results Area.
4. The appropriate Referee shall rule on any protest or objection regarding the conduct of the competition (including in the Warm-up Area, Call Room and, after the competition, up to and including the Presentation Ceremony).
5. Referees shall have authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner or causing a start to be aborted without a valid reason. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Results Area and to the other Referees. If an athlete receives a second yellow card during a competition, this shall become a red card, and the athlete will be excluded from the remainder of the competition.  
The appropriate Referee where practicable after consulting the Competition Director, also has the power to warn or to remove any person, not in competition but properly identified, that is present in the competition area and who is acting in an unsporting or improper manner or provides assistance to athletes.



Yellow Card—Warning  
for unsporting or im-  
proper conduct.



Red Card—Exclusion  
for unsporting or im-  
proper conduct.

6. The Referee may reconsider a decision (whether made in the first instance or in considering a protest) on the basis of any available evidence, provided the new decision is still applicable. Normally, such re-consideration may be undertaken only prior to the Presentation Ceremony for the relevant event or any applicable decision by the Jury of Appeal.
7. If, in the opinion of the appropriate Referee, circumstances arise at any competition such that justice demands that any event or any part of an event should be contested again, they shall have authority to declare the event or any part of an event void and that it shall be held again, either on the same day or on some future occasion, as he shall decide.
8. The Combined Events Referee shall have jurisdiction over the conduct of the Combined Events competition. They shall also have jurisdiction over the conduct of the respective individual events within the Combined events competition.

# STARTING

## Standard Rule CR22, CR23, TR16

The starter is there to HELP the athletes get a good and effective start. The starter controls all aspects of starting. Decisions must be FAIR and CORRECT at all times.

## A. DUTIES

1. To start the race.
2. To ensure a fair start.
3. To take charge of the area near the start and allocate duties to assistants.

## B. QUALITIES

1. Quick reactions.
2. Good eyesight.
3. Good command.
4. Self-confident, quietly determined.
5. Patience.

## C. EQUIPMENT REQUIRED

1. Stand (to obtain a good view and be seen by timekeepers).
2. Ear Muffs or Plugs.
3. Whistle.
4. Electronic starting pistols (e-gun)
5. Transceivers, Megaphones and/or Discs.
6. Lane Markers
7. Numbered discs or sticks for lane allocation (optional)
8. Weather protection (hat, block out cream etc.)
9. Starting blocks sufficient for each lane.
10. Cards for indicating false starts, disqualification and all clear.

## D. SAFETY

Electronic starting equipment is preferred at all levels of competition. If starting caps are being used, the following precautions **must** be followed.

1. Starting caps are dangerous and may explode unexpectedly. **NEVER** place caps in a pocket
2. Caps must be stored in their original containers, with the paper sheets separating layers of caps
3. A small number of torn off caps may be stored in a metal tin
4. Caps and cap guns are not to be handled by anyone under the age of 18 years
5. Hearing protection must be worn

## E. STARTING POSITIONS

1. Events which start
  - a) In a straight line across the track are 60m, 80m, 90m, 100m and 110m Hurdles, 50m, 70m and 100m runs.
  - b) On a stagger are 200m, 200m Hurdles, 300m Hurdles, 400m Runs, 800m Runs and Relay Races.
  - c) On a curved line are 700m, 1100m and 1500m Walks, and 300m, 500m, 700m, and 1500m runs (sometimes referred to as pack starts).

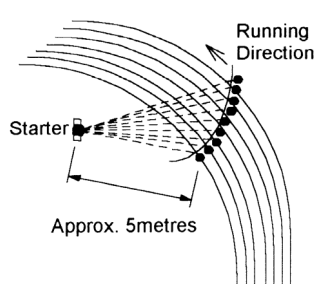
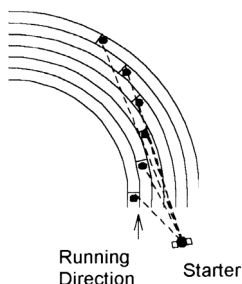
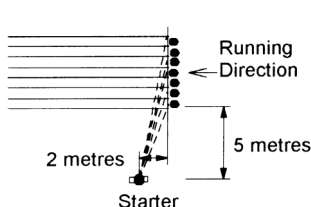
**NOTE:** For the 800m run, the athletes may be started with two athletes per lane. The athletes run in lanes to the end of the first bend (marked with cones) after which they may all move to the inside lane.

Laned starts will be used for the 800m at Championship events. Pack starts may be used at other competitions.

- For races starting in a straight line across the track, take up a position (preferably on the inside of the track) approximately 5 metres from the nearest lane and up to 2 metres forward of the start line, to enable full view of the athletes in one line of vision.
- For staggered starts, take up a position where all athletes are in one line of vision and where all athletes can clearly hear instructions. In most cases this position will be behind the athletes.
- For curved starts, take up a position preferably on the inside of the track about 5 metres from the nearest athlete and slightly forward of the curved line. (see diagrams)

**NOTE:** These are suggested positions for a 400m track and should be adjusted to ensure the safety of the starter if field events are in close proximity.

In a straight line across the track. 60, 80m, 90m, 100m, 110m Hurdles 50m, 70m, 100m Sprints	Staggered Starts 200m, 400m, 800m, 200m/300m Hurdles & Relay Events	Curved Starts (pack starts) 300m, 500m, 700m, 1500m runs 1100m, 1500m Walks
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## F. STARTING PROCEDURES

### For events run entirely in lanes and relays

- Establish liaison with the Chief Timekeeper or Track Referee, making use of hand signals, two way radio, or red/white discs.
- Take up the starting position, fire a trial shot and mark the position (with stand or equipment box).
- Obtain the all clear from the Chief Timekeeper or Track Referee (before every race).
- In a clear loud voice give the command... "On your marks".
- When all athletes have come to the start line check that all toes (and fingers for crouch starters) are behind the line, and raise the gun above your head.
- When all movement has stopped, in a lower but clear voice, give the command... "Set".
- When athletes are in their "set" position and all further movement has stopped, fire the gun. Approx. 2 seconds should elapse between the command "Set" and the firing of the gun.

### For events not run entirely in lanes and other pack starts

Use the above procedures 1 to 6. Leave out the command... "Set". The gun is fired when athletes are steady on the start line (approx. 2 seconds after the command... "On your marks").

## G. GENERAL NOTES

- The starter's duty is to ensure a fair start, not to trick the athletes.
- For young or inexperienced athletes, explain the starting procedure and point out where the finish line is.
- Before the start, athletes must stand behind their blocks (if used) or 1-2m behind the start line until "On your marks" is called.
- If athletes take excessive time to settle, ask all athletes to "Stand Up", advise the offending athlete(s), then after a few seconds begin the procedures from (5) above. This is not a false start.
- In races run entirely in lanes (and relays) the following starting methods may be used:
  - In a crouch start, the athlete's feet and both hands must touch the ground. At the call of 'On your

marks' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.

b) In a standing start, no part of the hand or knee shall touch the ground.

6. Athletes in the Under 11 to Under 17 age groups may use starting blocks for events run entirely in lanes, and the first leg of relays.

a) Athletes will be responsible for setting and placing their blocks at the start line

b) Athletes may commence setting their blocks when given the all clear by the starter, and must be complete by the time the starter commences the starting procedure. Starters will not assist athletes to set-up their blocks.

7. For other races not run entirely in lanes only a standing start may be used.

## H. FALSE STARTS

1. If an athlete commences their starting motion after assuming their full and final set position and before the report of the gun, it shall be a false start.
2. If the gun has been fired, the athletes must be recalled by firing a second gun, or if a second gun is not available, blowing a whistle, air-horn or similar.
3. Commencing the starting motion means the athlete moves their feet from the ground/blocks, or for crouch starters lifting their fingers from the track. Other movements may be deemed 'unsteady' and the athletes asked to Stand Up.
4. Any athlete making a false start MUST be warned by the starter. e.g. "Lane 3, first false start, final warning." A starter's assistant should show the athlete a yellow and black card.
5. An athlete responsible for two false starts shall be disqualified. A starter's assistant should show the athlete a red and black card.

**NOTE** - In practice, when one or more athletes make a false start, others are inclined to follow. The starter should only warn the athlete (or athletes) who were responsible for the false start. An athlete who leaves the mark simultaneously with the firing of the gun has made a false start.

If the unfair start is not due to any athlete, (eg blocks slipping, a noise from the crowd), no warning shall be given. A starter's assistant should show the athletes a green card.

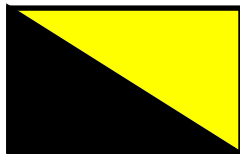
## I. STARTER'S ASSISTANT DUTIES

To assist the starter by:

1. Receiving athletes and grouping them in age groups as necessary.
2. Checking correctness of uniforms, spikes and age groups.
3. Allocating athletes to heats by balancing the number of athletes to the number of lanes available.
4. Positioning athletes in lanes if a previous lane draw has been done or randomly allocating athletes to lanes by selection of a lane number (use ice cream sticks or similar).
5. Ensuring that there is sufficient distance (approx. 6 metres) from the start line for the following race to be assembled.
6. To assist the starter in ensuring that athletes near his position are at the correct start line and behind the line.
7. To operate a recall gun (if required by the starter) in the event of a false start.
8. To remove starting blocks from the track after the start of the race to ensure the finish line is clear.
9. To show cards to athletes after a false start or recalled start.



Green Card—No False Start, e.g. technical fault, unsteadiness.



Yellow & Black Card—First false start, final warning to athlete.



Red & Black Card—Second false start, disqualification of athlete.

# TIMEKEEPING/FINISH JUDGING

Standard Rules CR19.3, CR21, TR18, TR19 & TR21

## A. EQUIPMENT

1. A complete set of stop watches (usually 11 for a track with 8 lanes).
2. An elevated stand, set in line with the finish and approximately 5 metres from the nearest lane.
3. Numbered discs or paddle pop sticks (for large fields with a mass start) or a texta pen.
4. A clip board and track recording sheets.
5. Personal weather protection.
6. Spare batteries for watches. Spare paper rolls for printer watches.

## B. RULES

1. The timekeeper measures the elapsed time between the start and finish of the race and determines the placing.
2. Times for track events are rounded up to the next tenth of a second,  
(e.g. Watch shows 10.17 secs - Record 10.2 secs.  
Watch shows 10.10 secs - Record 10.1 secs.  
Watch shows 10.11 secs- Record 10.2 secs.)
3. Times for cross country and road walk races are rounded up to the next whole second, eg watch shows 9:34.45, record as 9:35.
4. Definitions
  - a) Start - the flash from the starter's gun, or the sound if the flash was not visible.
  - b) Finish - when any part of the runner's torso crosses the finish line.
  - c) Torso - that part of the body without the head, neck, arms, legs.
  - d) Finish Line - an imaginary vertical plane extending across all lanes (marked by a line across the track. Finish posts 30cm clear of the outside lanes should be used where possible)

## C. DUTIES OF THE CHIEF TIMEKEEPER

1. To communicate with the Starter or Track Referee.
2. To allocate positions to be timed.
3. To supply a watch, ticket pad and pen to each timekeeper.
4. To ensure all timekeepers are ready for the start.
5. To communicate with the track referee when more than one team of timekeepers is in operation.
6. To ensure that all timekeepers are in line with the finish line, have a good view of all lanes and a clear view of the starter.
7. To record all times.
8. To resolve the time to be recorded by the following method:
  - a) When 2 watches are timing one position, accept the longer time.
  - b) When 3 watches are timing one position, accept the middle reading, or if 2 watches read the same time then these should be accepted.
9. To allocate the same time to the next runner if a gross error has occurred. (eg. if third place has a faster time than second place then give both athletes the second place time).
10. To determine positions using the "priority of nomination method" The person timing/judging first position has first priority of nomination, second has second priority, third has third priority and so on. If there is disagreement in selection the Chief Timekeeper/Judge will determine all undisputed positions, which usually leads to mutual agreement.
11. When no agreement can be reached, the Track Referee may decide positions. When in doubt the Track Referee should be consulted.

## D. POINTS TO WATCH

1. Above all, be calm - if you miss the start, the Chief Timekeeper has started a spare watch which you can

take or can be stopped for you.

2. Hold the watch comfortably in your hand with the cord around your neck (do not let it swing loosely.)
3. With about 30 metres of the race to go note the athlete you judge to be the one you will time.
4. Do not shake the watch as you start or stop it.
5. In short races, watches often read the same time.
6. Observe a noticeable feature on the athlete you are timing and note the registration number if possible, then look at your watch.
7. Do not reset your watch until given the all-clear at the end of the race. Reset after a false start.
8. Always check that your watch is set at zero before the start of a race, and check that it is running after the start - if not, tell the Chief Timekeeper without delay.

## **E. THE RUNNING WATCH**

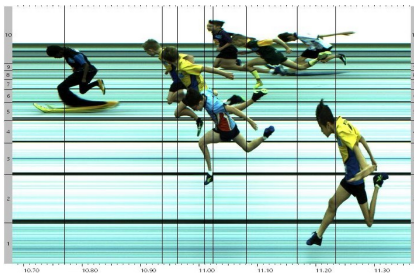
1. It is only used for timing mass starts.
2. Ideally a watch with a lap memory or printer is used to record the time that each athlete crosses the line.
3. At least 4 watches should be started, in case one fails.
4. Two people time first place and stop their watches to record an accurate time.
5. Where a lap/printer watch is not used, the timekeeper calls out the time as each athlete crosses the line which is written down on a track sheet (usually to the nearest whole second).
6. One or more Finish Line Officials direct the athletes to their position and hand out numbered discs.

## **F. ELECTRONIC TIMING GATES**

1. The System shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
2. The System must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
3. The System must be capable of printing out the time for each lane, and indicate if the system was automatically or manually started.
4. Where necessary, the uprights and any supporting struts of the gates shall be covered with suitable padding.
5. Judging of the race shall take place as above. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
6. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
7. Where the system is started and/or stopped manually, times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.
8. Where the system is started and stopped fully automatically, the time shall be recorded as an electronic time (i.e. to the 1/100th of a second) with no adjustment.

## **G. PHOTO FINISH**

An approved photo finish timing system may be used for all competitions in accordance with Little Athletics Australia and World Athletics rules.



# GENERAL ASPECTS OF TRACK

Standard Rules CR18, CR20, TR17, TR20, TR21

## A. RULES

Are administered by the Track Referee, who has the authority to make the following decisions:

1. To decide technical points for which there is apparently no provision in these rules.
2. To exclude or disqualify athletes for improper conduct.
3. To order re-runs excluding disqualified athletes.
4. To include in the final, competitors affected by an incident in a heat.
5. To change the place of competition or delay races if it is considered dangerous.
6. To determine positions in a race when the Chief Timekeeper is unable to reach a decision.
7. To disqualify athletes for breach of rules.
8. To decide any protests concerning track events.

## B. COMPETITION

1. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such a competitor should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
2. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. If the Referee is satisfied that an athlete has violated this Rule, and that a material advantage was gained over other athletes, they:
  - a) In the U6-U11 age group: May be disqualified
  - b) In the U12-U17 age groups: Shall be disqualified.
3. A competitor shall not be disqualified if they:
  - a) are pushed or forced by another person to run outside their lane or on or inside the kerb, or
  - b) Run outside their lane in the straight or outside the outside line of their lane on a bend, with no material advantage thereby being gained and no other competitor being obstructed.
4. A competitor, after voluntarily leaving the track, shall not be allowed to continue in the race.
5. For races up to and including the 400m (except 300m pack start), the event should be conducted in lanes if at all possible.
6. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.
7. U11 to U17 girls and boys may wear 7mm SPIKES in laned events at all Association events.
8. U13 to U17 girls and boys may also wear 7mm SPIKES in unlaned events, except walks.

# HURDLE RACES

## Standard Rule TR22

### A. EQUIPMENT

1. Hurdles, sufficient for all events.
2. A Measuring stick with hurdle heights clearly marked.
3. A 30 metre measuring tape, or 100m strap with hurdle positions marked.
4. A plan of the track showing start lines and colour coding of track markings.

### B. RULES

The following rules apply in addition to the standard rules for track events.

1. All races shall be run in lanes and each athlete shall go over each hurdle and keep to their own lane throughout. Failure to do so will result in a disqualification.  
In addition, an athlete shall be disqualified, if:
  2. their foot or leg is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
  3. they knock down or displace any hurdle by hand, body or the front side of the lead lower limb  
Note: The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.
  4. they directly or indirectly knock down or displace a hurdle in their or in another lane in such a manner that there is an effect or obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed.
  5. Note: 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.
  6. Except as provided above the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.
  7. Where hurdles are blown over after the race has started, athletes should make a "best effort" to complete the hurdle action over the fallen hurdle(s).

Age Group	Distance	Flights	Height	Distance to 1 <sup>st</sup> Hurdle	Spacing Between	Last Hurdle to Finish Line	Colour Code For Markings
U6	60m	6	20cm*	12m	7m	13m	Pink
U7	60m	6	30cm*	12m	7m	13m	Pink
U8-U9	60m	6	45cm	12m	7m	13m	Pink
U10	60m	6	60cm	12m	7m	13m	Pink
U11	80m	9	60cm	12m	7m	12m	Black
U12	80m	9	68cm	12m	7m	12m	Black
U13	80m	9	76cm	12m	7m	12m	Black
U14G	80m	9	76cm	12m	7m	12m	Black
U14B, U15-16G	90m	9	76cm	13m	8m	13m	White
U15-16B, U17G	100m	10	76cm	13m	8.5m	10.5m	Yellow
U17B	110m	10	76cm	13.72m	9.14m	14.02m	Red
U13	200m	5	68cm	20m	35m	40m	Green
U14	200m	5	76cm	20m	35m	40m	Green
U15,16,17	300m	7	76cm	50m	35m	40m	Green



# HURDLE RACES

## C. SPECIFICATIONS

\*Mini hurdles are used for these age groups.

At Centre Level if there is insufficient room to conduct the 110m Hurdles, the Under 17 Boys event may be conducted over 100m as follows:

U17B	100m	9	76cm	13.72m	9.14m	13.16m	Red
------	------	---	------	--------	-------	--------	-----

The hurdle shall be placed so that the edge of the bar nearest the approaching hurdle coincides with the track marking nearest the athlete. Lanes are arranged with 20mm spacing between adjacent hurdles. In each case there shall be a tolerance of 3mm above and below the standard heights

Colour codes are as used at SA Athletics Stadium and are recommended for use at all venues. Note that blue may be substituted where the standard colour would clash with the track colour.

## D. SAFETY

1. Athletes must never attempt to jump hurdles opposite to the direction the event is run in.
2. Hurdles are designed to fall easily clear of the athlete if hit whilst jumping.
3. All new athletes must have this precautionary rule explained to them at centre level.

# RELAY RACES

## Standard Rule TR24

### A. EQUIPMENT

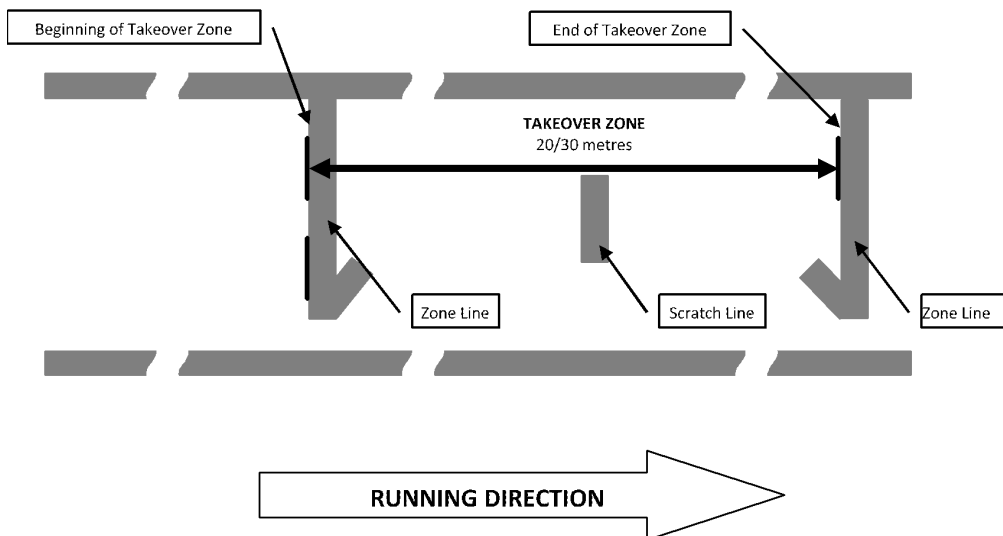
1. Relay Batons.
2. A plan of the track showing start lines and colour coding of track markings.

### B. SPECIFIC RULES

The following rules apply in addition to the standard rules for track events.

1. In relay races the baton must be passed within the change-over zone. The passing of the baton is completed at the moment it is in the hand of the receiving runner only. Within the change-over zone it is only the position of the baton which is decisive and not the position of the body or limbs of the athlete.
2. If the baton is dropped during the event, the athlete who dropped it must be the one to recover it.
3. For U9 to U12 events, If the wrong athlete retrieves the baton, the team will only be disqualified if a material advantage is gained. (Note that it is the Track Referee who makes this decision, so the yellow flag must be raised by the changeover marshal.)
4. Athletes should remain in their lanes after changes. Wilful impeding leads to disqualification.
5. In events in which the first part of the race is run in lanes, athletes after completing this part, are free to take up any position on the track.
6. In proceeding from a heat to a final, the composition of a team cannot be altered except with the permission of the Competition Director, who shall grant approval only in the case of injury or illness.
7. The order of running can be changed between the heat and the final.
8. The receiving runner must start from a stationary position wholly inside the change-over zone (ie not touching or beyond the lines that mark the change-over zone).
9. For changeovers that do not occur in lanes, the athletes should be marshalled to a position 1-2 metres forward of the start of the changeover to reduce the possibility of stepping back over the line.
10. For the 4x100m, 4x200m and the first and second change in the Medley, the takeover zone shall be 30m long. For the final change in the Medley, the takeover zone shall be 20m long.
11. Lines 5cm wide will be drawn before and after the scratch line to denote the takeover zone within which lines the baton must be passed.
12. The takeover zone will start and finish at the edges of the zone lines nearest the start line in the running direction.

# RELAY RACES



## C. EVENTS

- U9 to U11      4 x 100m      4 x 200m (Small batons, 30mm ± 2mm diameter)
- U12 to U17    4 x 100m      4 x 200m (Large batons, 40mm ± 2mm diameter)
- Mixed Medley    (2x100m, 1x200m, 1x400m)

# RACE WALKING

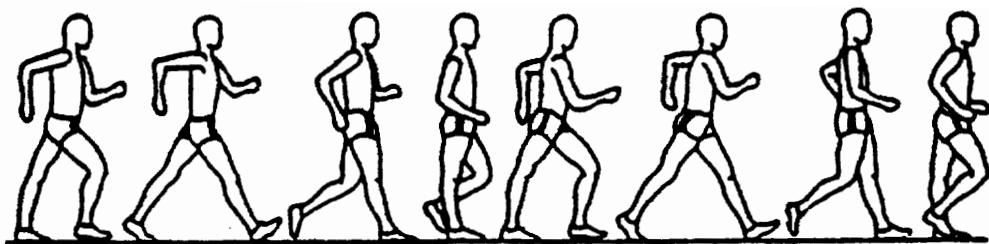
Standard Rule CR19, TR54

## A. EQUIPMENT

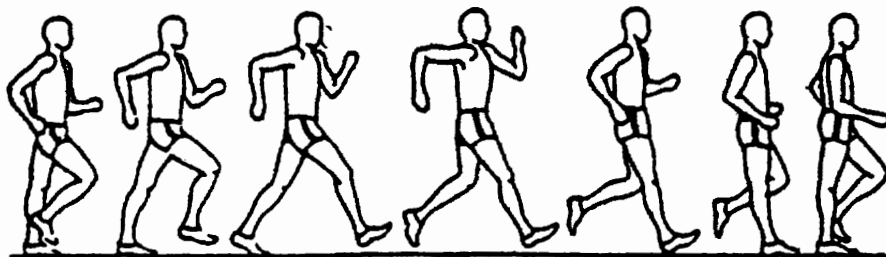
1. Numbered hip numbers. Hip numbers must be worn on the right hand side, visible to judges. Additional hip numbers may be required to be worn on the front and/or back of the athletes top.
2. Report pads, pens and paddles for each walk judge.

## B. RULES

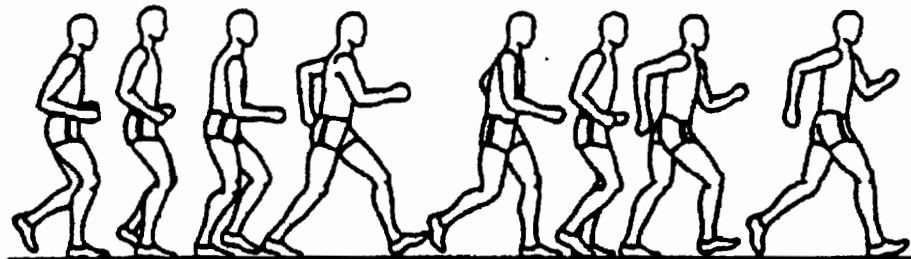
1. Definition Of Race Walking
  - a) Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs.
  - b) The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact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



**Correct technique**



**Loss of contact**



**Bent knee**

Note: The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

## 2. Judging

- a) The appointed judges shall elect between them a Chief Judge unless one has already been appointed.
- b) All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye.
- c) The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 3 and maximum of 6.
- d) The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
- e) The Competition Director shall have the authority to allow judges where such connections exist. Connection means relative, coach or protégé.
- f) This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
- g) It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
- h) Where possible members of the same family should not serve as a judge for the same race.

## 3. Yellow Paddle

- a) Any judge can give a yellow paddle to a competitor when a competitor appears to be in danger of failing to comply with the rules.
- b) Yellow paddles are issued verbally and briefly taking care that remarks do not constitute coaching.
- c) All remarks should be loud and clear and always in the form:  
e.g. "No..... Yellow Paddle for loss of contact or knees"
- d) The athlete should also be shown a yellow paddle indicating the reason the caution is being given:  
> Knees                      ~ Contact
- e) A Yellow Paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single Red Card.

## 4. Red Card

- a) A judge gives a red card for disqualification if a competitor is actually breaking the rules of race walking.
- b) For U9 to U11 athletes, the red card is to be given verbally at the time of detection of the actual infringement.
- c) The competitor is to be addressed by their walk number (hip no.) and the words "Red Card" are to be used and the reason for the red card given.  
e.g. No.... RED CARD FOR LOSS OF CONTACT or  
No.... RED CARD FOR KNEES (not straightening leg)
- d) For U12 to U17 athletes, no verbal red card is given.
- e) The red card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- f) A judge may only give a competitor one red card during the event irrespective of the infringement.

Note: A red card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the competitor and the red card not issued.

Note: Despite the name 'red card', no physical red card is shown to the athlete.

## 5. Disqualification

- a) The red card by 3 or more walk judges (2 when only three judges are in use), that in their opinion a competitor's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b) Only the Chief Judge may advise a competitor of their disqualification.
- c) Where a competitor is disqualified the Chief Judge shall indicate to such competitor verbally that

they are disqualified and give the reasons for the disqualification.

- d) The result of an event shall not become final until the Chief Walk Judge and Track Referee have given the all clear.

### **C. CONDUCT OF THE EVENT**

1. The walk judges are positioned evenly around the track.
2. The chief judge gives a brief explanation of the rules and advises of the number of red cards which lead to disqualification.
3. The chief judge collates the red cards from all judges and advises the athletes and the recorder of any disqualifications.
4. Athletes are to remain in the finish area until the Chief Judge has advised them of any disqualifications.
5. Judges can only report infringements in their zone.
6. A judge may issue up to two yellow paddles, one for each infringement.
7. A judge may only issue one red card to an athlete.
8. Judges should position themselves near the outside of the track.
9. Track Umpires and Referees shall perform the same function during Walks as they do for other track events, i.e., to detect infringements but shall not adjudicate on walking rules.



Yellow Paddles

# GENERAL FIELD EVENT RULES

Standard Rule TR4, TR25

## A. MARKERS

1. A competitor may place alongside the runway 1 or 2 markers (supplied or approved by the organisers) to assist them in their run-up and take-off.
2. If such markers are not supplied, adhesive tape may be used but not chalk or similar substance, nor anything that leaves indelible marks.
3. The use of sharp or pointed markers or anything considered dangerous by the Referee will be prohibited.

## B. COMPETITION ORDER & TRIALS

1. The order in which competitors shall take their trials shall be drawn randomly.
2. Except for the High Jump, each athlete is allowed three trials (and one practice if time permits).

## C. PROGRESSION TO FINALS AT CHAMPIONSHIPS

1. Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best valid performances shall be allowed one additional trial.
2. In the event of a tie for eighth place (after a count back), any competitor so tying shall be allowed one additional trial.
3. Where there are eight competitors or fewer, each competitor shall be allowed four trials.
4. The competition order for the last round shall be in the reverse order of the ranking recorded after the first three rounds.

## D. CLASH OF EVENTS (SIMULTANEOUS ENTRIES)

1. Except for High Jump, if an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee or Chief Judge may allow the athlete to take their trial out of round and out of order in all rounds of the competition in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for a particular trial, it may be deemed that they are passing once the period allowed for the trial has elapsed. It is not permitted for an athlete to have two or more trials in succession, nor can an athlete demand to have a trial that has been missed.

Note: Any qualifying rounds of the competition must be completed, and any finalists determined prior to any trials from the remaining rounds are taken.

2. For High Jump, where simultaneous events occur, the Referee or Chief Judge, may only allow an athlete to compete out of order at the current height of the bar prior to the athlete absenting the event and when they re-join the competition. When the athlete re-joins the competition it will be at the current height of the bar. It is not permitted for the athlete to demand to have attempts at a height that has been missed.
3. An athlete, or their representative, must notify the Call Room Judge when marshalling for an event if they have a clash of event.

## E. COMPETITION

1. Commencement of Competition
  - a) Competition commences with the first trial in the first round.
  - b) The trials shall commence when the Official responsible indicates to the competitor that all is ready for the trial to begin, and the athlete is called.
  - c) The period allowed for this trial shall commence from that moment.
2. A round commences when the first athlete eligible to compete in that round commences their trial.
3. A round is complete when the last athlete eligible and present to compete in the round completes their trial.
4. Completion of Trial
  - a) Throws - a trial is complete when the athlete leaves the circle (discus and shot put) or runway (javelin).
  - b) Long & Triple Jump - a trial is complete when the athlete leaves the landing pit.

**NOTE** - leaving the pit is defined as the first contact made by the foot with the border or ground outside the landing area.

c) High Jump - a trial is complete when the Chief Judge designates a "fair/foul jump".

5. Completion of Competition

a) High Jump - the high jump is complete when the last remaining athlete fails or decides to stop.

b) All other events are complete when the last round is completed.

Note: The number of rounds in a competition must be clearly stated at the start of the competition and where possible indicated in the program.

## F. DELAY

1. Competitors in field events who unreasonably delay taking a trial shall render themselves liable to have that trial disallowed and recorded as a foul.

2. An athlete must commence their trial within the following time periods:

a) Long Jump, Triple Jump, Shot Put, Discus, and Javelin - 60 seconds.

b) High Jump – 60 seconds, but when only 2 or 3 competitors continue in the competition, the time should be increased to 1.5 minutes. If there is only 1 competitor left, then the time should be increased to 3 minutes, or 4 minutes for a record attempt.

c) 2 minutes is permitted in the case of consecutive trials by the same athlete

3. A time warning may be given to an athlete. Such a warning is indicated by a raised yellow flag, which is kept raised for the last 15 seconds prior to the disallowing of a trial for exceeding the time limit.

## G. FOULS

1. In all field events if an athlete incurs a foul, they will be told the reason for the foul at the completion of the trial.

2. Fouls are not measured, and are indicated on the results sheet with an 'X'.

## H. TIES

1. In all field events, except for High Jump:

a) The 2nd best performance of the competitors tying shall decide the tie. If a tie remains, the 3rd best and so on.

b) If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.

2. High Jump ties:

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

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

c) If the tie remains the competitors shall be awarded the same place in the competition. There is no jump-off for placings.

## I. ABSENCE FROM COMPETITION AREA

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

## J. SUBSTITUTE TRIALS

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

## K. RESULTS

1. Each athlete's result is their best performance recorded at any stage of the competition.

2. Upon completion of each event the final result sheet shall be checked and signed by the Referee and immediately handed to the recording area.



## **L. CHANGE OF COMPETITION AREA**

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

## **M. MEASUREMENT**

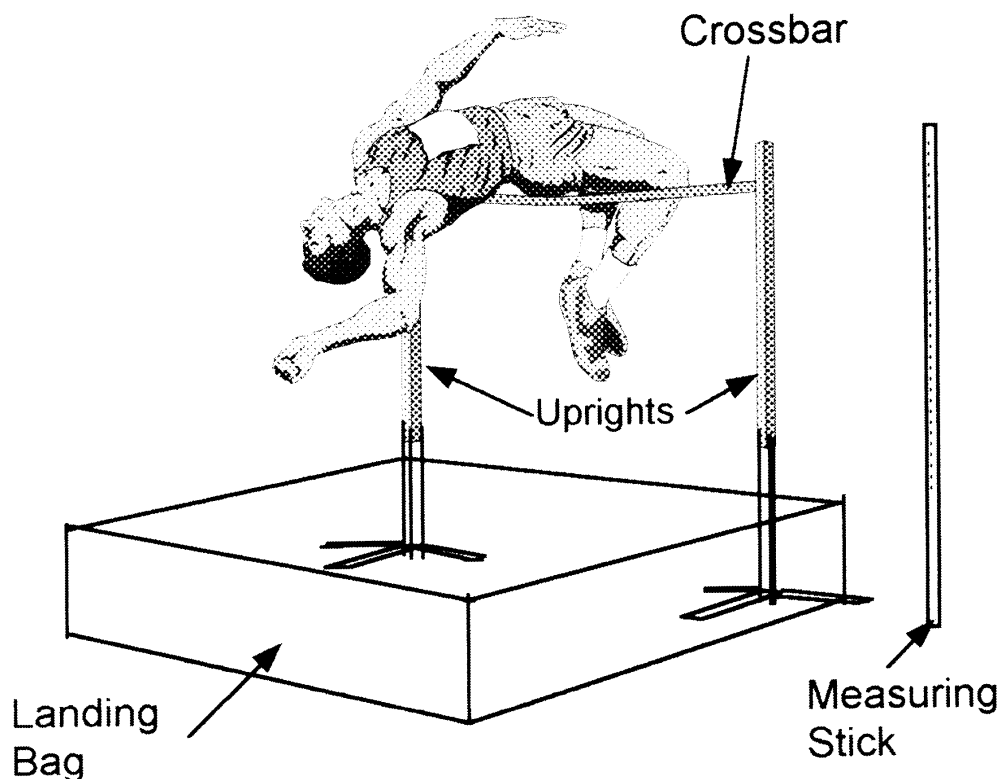
1. Except for High Jump, the measurement is made immediately after the athlete has completed the trial.
2. Measurements are made to the nearest whole centimetre below (i.e. ignore millimetres)
3. The recorder should call back the measurement so that the chief judge can be certain the correct measurement has been recorded.

# HIGH JUMP

Standard Rules TR26, TR27

## A. EQUIPMENT

1. Two uprights with centimetre graduations to show the height of the bar.
2. A cross bar between 3.98m and 4.02m long and of circular section. The bar is fitted with hard plastic ends (not rubber) which are semi-circular in section.
3. A landing bag ideally sized 5m x 3m and with a thickness and grade of foam filling suitable for the weight of the athletes who may use it. For scissors events, the bag should be between 15cm and 30cm thick, for other events the bag should be at least 50cm thick (40cm is acceptable for existing mats).
4. A steel or fibreglass measuring stick graduated in 1cm intervals to 2.0 metres.
5. Side or Bolster bags if a full sized bag is not available.



## B. RULES

1. This event is only available for U8 to U17 age groups.
2. Each athlete is allowed 3 attempts at each height.
3. U11 to U17 athletes may wear 9mm spikes at SA Athletics Stadium. (heel spikes are permitted).
4. An athlete ceases jumping when three consecutive failures are recorded, regardless of the height(s) at which they occur.
5. Athletes may commence jumping at any height.

6. Athletes may pass at any height or any jump, but can not pass after a baulk. A competitor who foregoes a trial at a certain height may not make any subsequent attempt at that height.
7. The bar cannot be lowered.
8. After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.
9. A competitor may use one or two markers, but these must be removed after the attempt at the request of the Chief Judge or another competitor. At SA Athletics Stadium, tape will be provided.
10. Athletes may not re-measure their run-ups or use the area for practice once the competition has begun.  
Note: The Chief Judge may permit an athlete to re-measure their run-up if the athlete's markers have been moved/removed through no fault of their own.
11. A foul will be recorded if:
  - a) The athlete dislodges the bar.
  - b) The athlete jumps from two feet.
  - c) The athlete decides not to jump after a baulk. Note that an athlete can baulk any number of times within the time allowed for their attempt.
  - d) The athlete touches the landing area beyond the plane of the uprights without jumping. (Note: the plane extends either side of the uprights).
  - e) The athlete touches the crossbar or the vertical section of the uprights when running up without jumping.
  - f) The athlete touches the bag with hand or foot and gains an advantage.
12. If an athlete when jumping touches the bar and it is not dislodged immediately, it shall not be considered a failure unless the bar falls without outside influence such as wind. The attempt is not passed until the bar becomes steady. The officials can then re-centre the bar on the ledges. (On windy days set up the equipment side-on to the wind).
13. An athlete who leaves to do another event must re-join at the current height.
14. Athletes in the U8, U9 and U10 age groups may only jump using the scissors technique.
15. To be a valid scissors jump:
  - a) The head of the athlete must not go over the bar before the leading foot (the foot closest to the bar at take off).
  - b) The head of the athlete must not be below the buttocks when the buttocks clear the bar.
  - c) On landing, the first contact with the landing area is made by one or both feet.

## C. CONDUCT OF EVENT

1. Three officials are needed. A Judge/Recorder and two people to Raise/Replace the bar.
2. Ensure run-ups and the landing area are safe. Tie together bags which may drift apart.
3. Call out athletes in jumping order for them to measure their run-ups.
4. Repeat as in 3 above for a practice jump.
5. Announce basic rules to the athletes.
6. Check that the bar is at the starting height which will allow every athlete to achieve a recorded jump.
7. Check that there is 10mm clearance from the end of the bar at each upright.
8. The height of the bar is measured from the top of the bar at its lowest point, vertically to the ground.
9. Successful jumps are marked as O. Failed attempts are marked as X. A passed attempt is marked with a –.
10. For championships the bar will be raised in 5cm increments until 6 or fewer athletes remain. The bar will then go up by 3cm increments until there are 3 or fewer athletes remaining. The bar will then go up by 2cm increments for the remainder of the competition.
11. For the Combined Event Championships, the bar is raised in 3cm increments for the entire competition, with a baseline of 1.00m used for determining the increments.
12. Centre's may implement an attempt limit for Centre competition, and may use different increments.

## D. SAFETY RULES

The rules state that the uprights shall not be moved during competition. However, if the official considers that the take-off or landing ground has become unsuitable, they may rule that the posts be moved. Such a change may be made only after a round is completed.

If there is no ground available for safe take-offs, the event should be stopped until such time as the ground has

returned to a safe state.

It is the official's duty to ensure that the landing area is maintained in a safe condition. When several small bags are used in place of a single bag, there is tendency to drift apart. Officials should ensure that the landing area is checked regularly and that all gaps between bags are closed immediately.

## E. TIE BREAKING RULES

1. The competitor with the lowest number of jumps at the height where the tie occurs shall be awarded the higher place.
2. If the tie still remains, the competitor with the lowest number of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
3. If the tie still remains the competitors shall be awarded the same place in the competition (i.e. there is no jump off for places).

### Example

Competitor	1.78m	1.80m	1.82m	1.84m	1.86m	1.88m	1.90m	Total Failures	Position
A	-	XO	O	XO	-	XXO	XXX	4	2=
B	O		O	X-	XO	XXO	XXX	4	2=
C	O	O	X	O	XXO	XXO	XXX	5	4
D	O	-	-	XXO	XXO	XO	XXX	N/A	1

## F. STATE RECORDS

The height of the bar must be measured BEFORE and AFTER a record attempt BY TWO OFFICIALS.

## G. SUGGESTED STARTING HEIGHTS

The following starting heights are provided as a guide only for Centre Competition. You may need to start lower or higher depending on the abilities of the athletes in the group. Generally, each athlete should start at a height about 15-20cm below their Personal Best.

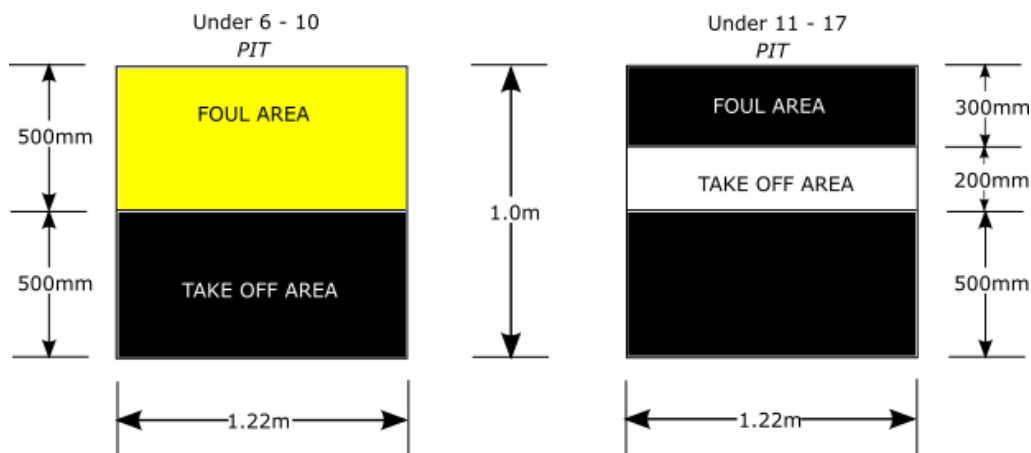
Age Group	Boys	Girls
Under 8	50cm	50cm
Under 9	60cm	60cm
Under 10	65cm	65cm
Under 11	70cm	70cm
Under 12	75cm	75cm
Under 13-14	1.00	1.00
Under 15-17	1.10	1.00

# LONG JUMP

Standard Rules TR29, TR30

## A. EQUIPMENT

1. A landing pit approx. 3 metres wide and 8 metres long filled to minimum depth of 300mm with fine sand. The pit should have a timber or concrete border.
2. A mat 1.0m by 1.22m (usually made of heavy rubber) with a 200mm wide white line (board) painted across the mat on one side, located 300mm from the end of the mat. (For U11 to U17 athletes).
3. A 0.5m by 1.22m rubber mat for U6 to U10 athletes.
4. A rake and screeding board are used to level the surface of sand.
5. A spike to hold a 20 metre fibreglass measuring tape.
6. Where possible, the length of the runway shall be at least 40m. It is 1.22 metres wide.

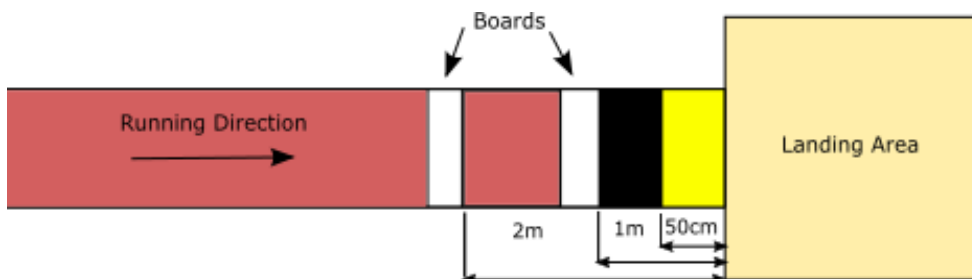


## B. RULES

1. U11 to U17 age groups may wear spikes no longer than 9mm.
  2. A foul will be recorded if:
    - a. Any part of the Athletes foot or shoe breaks the vertical plane of the take-off line, whether running up without jumping or in the act of jumping.
    - b. The athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line
    - c. The athlete attempts any form of somersault.
    - d. The athlete leaves the pit closer to the take-off point than the marks on landing.
    - e. The athlete in the course of landing touches the perimeter or ground outside the pit nearer to the take-off point than the marks made on landing.
    - f. An athlete runs past the extension of the foul line outside the run up.
    - g. The athlete touches the ground between the take-off area and the pit.
- NOTE -** *Shoelaces, caps, jewellery are not relevant to determining a failure in breaking the vertical plane.*
3. A trial may be interrupted provided no rules have been broken. There is no limit on the number of interruptions, however the final jump must still be commenced within 60 seconds.
  4. It is not a foul if an athlete takes off behind the mat or board unless the take-off point is outside the line projected back from the side edge of the mat.
  5. U6 to U10 age groups take off from the 1.22m x 0.5m mat, set 0.5m back from the inside edge of the pit

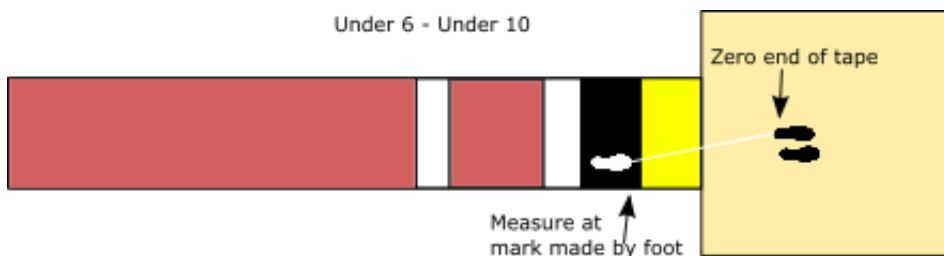
(width of yellow section.)

- For U11 and U12 age groups, the foul line of the take-off board shall be 1m or 2m from the edge of the landing area, as determined by the Referee or Chief Judge.
- For U13 and above age groups, the foul line of the take-off board shall be 1m, 2m or 3m from the edge of the landing area, as determined by the Referee or Chief Judge.
- Only a single board position may be used in a competition (with the exception of para-athletes competing under World Para Athletics Rules).
- Once competition has begun, athletes are not allowed to re-measure their run-ups. Athletes are permitted to adjust their mark at the start of their run-up.
- Markers are not permitted on the runway, but can be placed at the side.



## C. METHOD OF MEASUREMENT

- Measurements are made to the nearest cm. below (i.e ignore mm readings)
- The jump is measured from the mark in the sand made by the athlete which is nearest to the take-off point.
- The zero end of the tape is held at the mark in the sand, held horizontally and pulled taut to the take-off point.
- Take-off point :
  - The take off point for athletes using the mat, is the toe imprint on the mat, or if taking off behind the mat, the edge of the mat furthest from the pit.
  - The take off point for athletes using the board, is the edge of the board nearest the pit (the foul line), and is measured at right angles to the board from the nearest mark in the sand.



Refer to diagrams above and in the Triple Jump section.

## D. CONDUCT OF EVENT

- Make sure the sand in the pit is level with the take-off area.
- Check for dangerous objects in the pit.
- Dampen the sand to ensure clear marks and to avoid caving in.
- Prepare the mat by cleaning with a damp cloth (not wet), so that clear footprints are made, or wipe on a minimum amount of chalk or powder.
- If the mat is likely to move during jumping, secure with flat head pins in back corners of the mat.

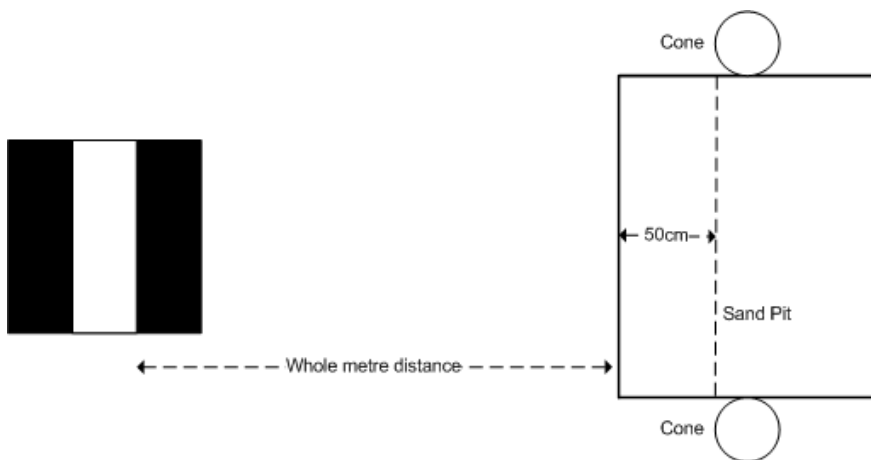
6. If time permits give each athlete one practice jump to check their run-up. (in the order of competition).
7. Briefly explain the main rules.
8. Ideally 5 people are needed: judge, recorder, spiker, measurer and raker.
9. The recorder calls the first 2 names, "Smith followed by Jones", then for the next jump "Jones followed by Brown", and so on for each successive jump.
10. Only the judge is to decide fair or foul jumps.
11. Whilst measuring & raking takes place, the judge stands on the run up.
12. The recorder announces the start of each round of jumps.

# TRIPLE JUMP

## Standard Rule TR31

### A. EQUIPMENT

1. See Long Jump (page 28)
2. Cones or other markers placed either side of the pit 50cm from the front edge of the pit.



### B. RULES

1. This event is only available for U11 to U17 age groups.
2. All other rules of Long Jump apply except for positioning of take off mats or boards.
3. The foul line of the take-off board is set at various whole metre distances from the inside edge of the pit. It is moved to these intervals as necessary during competition.
4. The triple jump consists of a hop, step and jump. It must comply with the following definition:  
"The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step they shall land on the other foot from which, subsequently, the jump is performed." (World Athletics Rule TR31.2)
5. The jump must land in the pit, landing on the runway is a foul.
6. Note: the trailing leg touching the ground is not a foul.
7. For safety reasons a warning will be given to any athlete who lands less than 50cm into the pit. It will be recommended that the athlete change the take off board. If the athlete continues to land less than 50cm into the pit after the warning, the jump will be considered a foul.

### C. METHOD OF MEASUREMENT

See Long Jump (page 31)



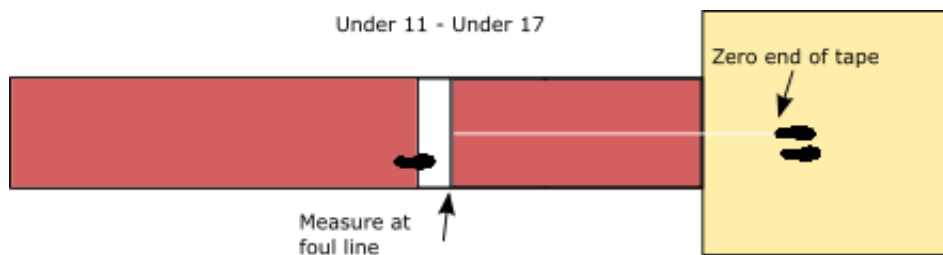


## D. CONDUCT OF EVENT

1. See Long Jump (page 31)
2. Ask every athlete at what distance they want the take-off set, and write it alongside their name on the recording sheet.
3. Set the mat at the closest of these distances, then call all those who take off from that distance. Shift the take-off to the next distance and call those athletes, and so on until the round is complete. Then repeat the same procedure for the following rounds.
4. Athletes may change their take-off distance but may not re-measure their run-up. Adjustment may be made to their start point.
5. For championships, the fourth round will be conducted in the same jumping order as above.

## E. SAFETY

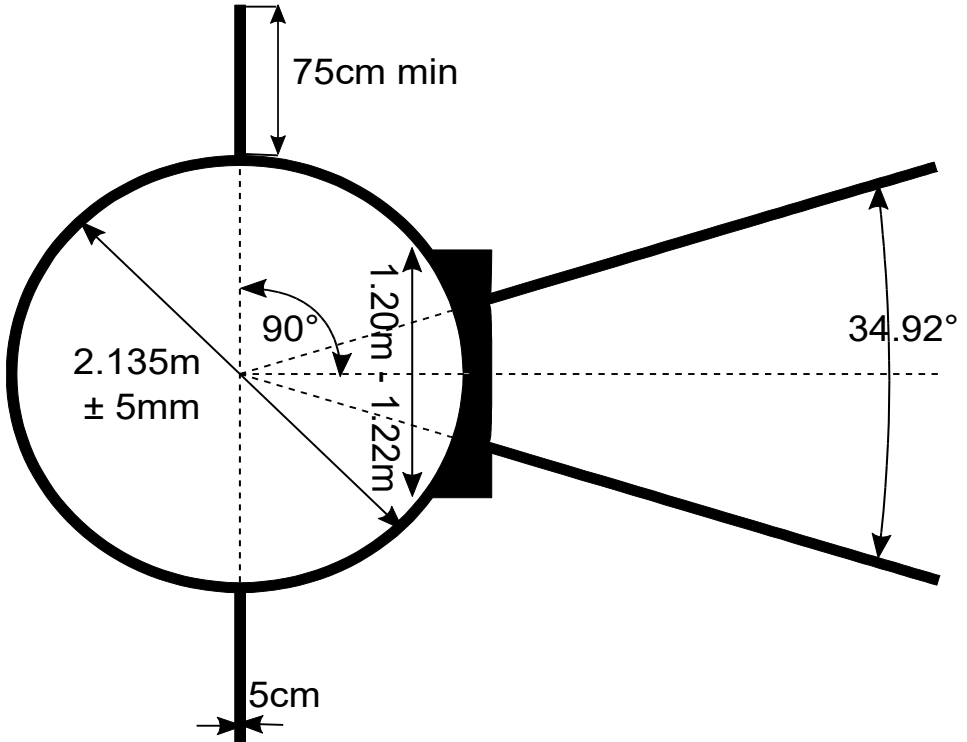
It is the athletes responsibility to ensure the take-off mat position for them is correct to enable a safe jump into the pit. However, if the Official considers that the jump is unsafe, due to the athlete landing within half a metre of the edge of the pit, he/she may suggest that the take-off mat for that athlete be moved one metre forward for their next attempt.



# SHOT PUT

## Standard Rules TR32, TR33

1. The shot is put from a circle into a sector of 34.92 degrees.
2. The inside diameter of the circle is 2.135 metres.
3. All lines used to mark the sector are 5cm wide.



A line 75cm long is drawn each side of the circle, extending from a theoretical line through the centre of the circle.

## A. EQUIPMENT

1. A ring 2.135 metres in diameter with a raised edge approximately 20mm high.
2. Fixed to the front is a curved solid stop board. The board shall measure 11.2cm to 30cm wide, with a chord of 1.21m ( $\pm 0.01$ m) for an arc of the same radius as the circle and 10cm ( $\pm 0.2$ cm) high in relation to the level of the inside of the circle.
3. A 30 metre long tape measure and a spike.
4. Ideally two of each shot.
5. The shot weights for each age group are:
  - 1kg (Blue) U6, 7 Boys & Girls (same circumference as 2kg)
  - 1.5kg (Yellow) U8 Boys & Girls (same circumference as 2kg)
  - 2kg (Orange) U9, 10, 11, 12 Boys & Girls
  - 3kg (White) U13, 14 Boys & U13, 14, 15, 16, 17 Girls
  - 4kg (Red) U15, 16 Boys
  - 5kg (Green) U17 Boys

## B. RULES

1. Spiked footwear, gloves and tape on the hand or fingers are not permitted.
2. The athlete must commence the put from a stationary position inside the circle. The athlete is allowed to touch the inside of the stop board. (Stationary means the athlete is momentarily stationary before the trial is attempted).
3. The athlete
  - a) may enter the circle from any direction.
  - b) must leave from the rear half of the circle. First contact with the ground must be completely behind the white line and extensions which are drawn outside the circle, and theoretically through the centre of the circle.
4. Once an athlete takes up the stance to commence the trial, it is a foul if any part of the body touches the ground outside the circle or the top of the stop board.

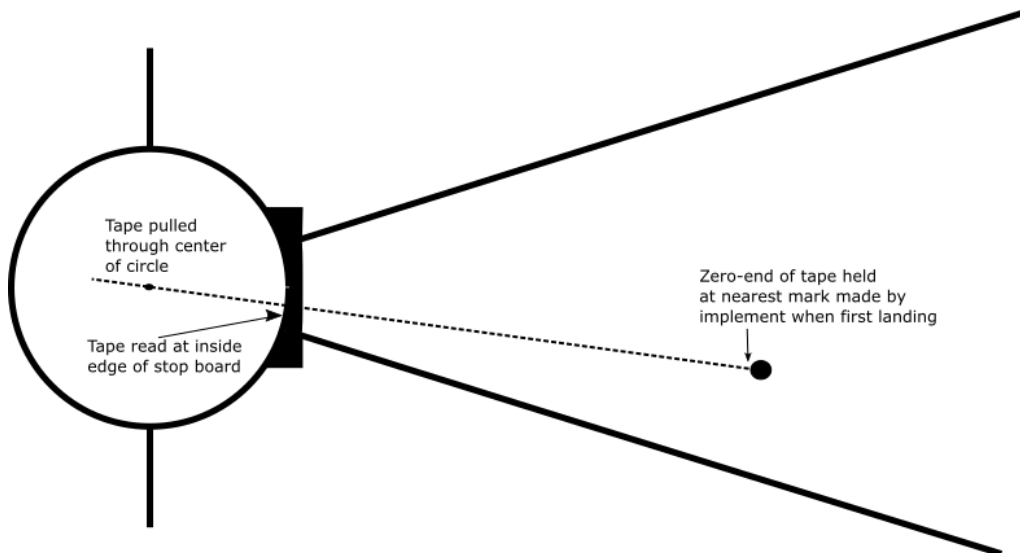
**NOTE** - It, however, will not be considered a failure if the touch happens during the rotation, behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

**NOTE** - Shoelaces, caps, jewellery are not relevant to determining a failure in breaking the vertical plane.

5. It is not a foul if an athlete drops an implement and it does not touch the ground outside the throwing circle.
6. The athlete must not leave the circle until the shot has landed.
7. If no rules are infringed a trial may be interrupted. The shot may be laid down and the competitor may leave the circle before returning to their stationary position to restart the trial. An interrupted trial must recommence within 60 seconds of the start of the original trial.

## SPECIFIC RULES

1. The shot shall be put from the line of the shoulder with one hand only.
2. At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
3. The shot must not be taken behind the line of the shoulders.
4. The shot must land so that the point of impact is completely within the inner edges of the lines marking the sector. (It does not matter where the shot goes after the impact).
5. Cart wheeling techniques are not permitted.



### C. METHOD OF MEASUREMENT

1. The measurement is made immediately after the trial, from the nearest point of the mark made by the fall of the shot, to the inside edge of the stop board, along a line passing through the centre of the circle.
2. The zero end of the tape is held at the mark where the shot landed. The measurement at the stop board is made to the nearest cm. below (ignore mm. readings).

#### D. CONDUCT OF EVENT

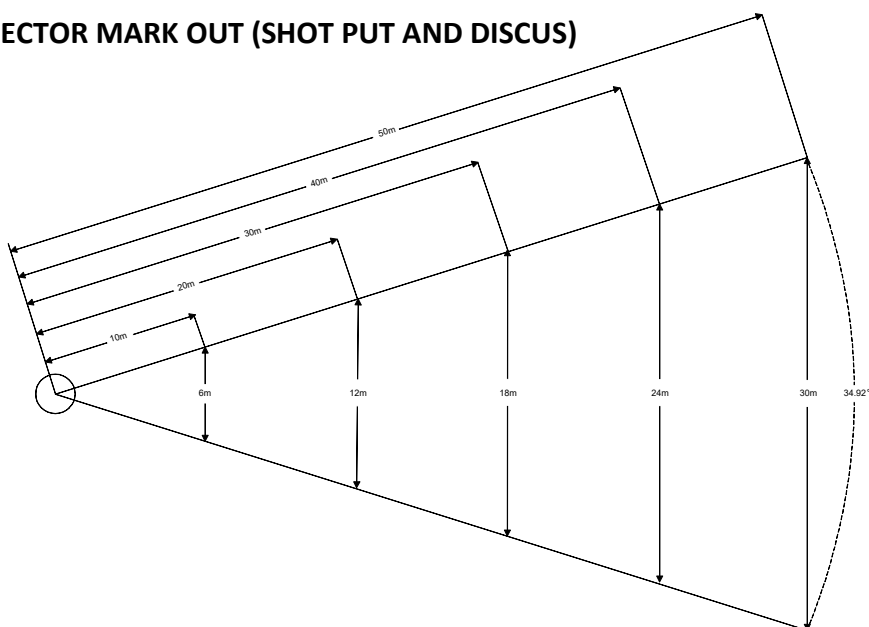
1. The athlete(s) should be informed of the rules before the competition begins and then told the reason if a foul is called.
2. Remember that officials must not coach during competition.
3. Officials Required.
  - a) Two Officials are needed near the circle to watch for foul throws, read the measurements, and pull the tape through the centre of the circle. A recorder is required to record the measurements. Two other officials are required in the sector to mark the point of impact and carry the implement back to the circle.
4. Position of Officials:
  - a) The officials judging the trial should stand a little forward of the circle on each side and about 2 metres away. The judge on the throwing side of the athlete judges the athletes putting action, the other judge watches the athletes feet, and their exit from the circle.

## E. SAFETY

Everyone should be told the following safety rules.

1. Everyone should stand behind the circle.
2. Both athletes and officials should make sure the sector is clear.
3. The shot should be carried back to the circle - never thrown.
4. The competition area should be marked clearly.
5. Trials should be allowed only in that area.
6. Trials should be allowed only under supervision.

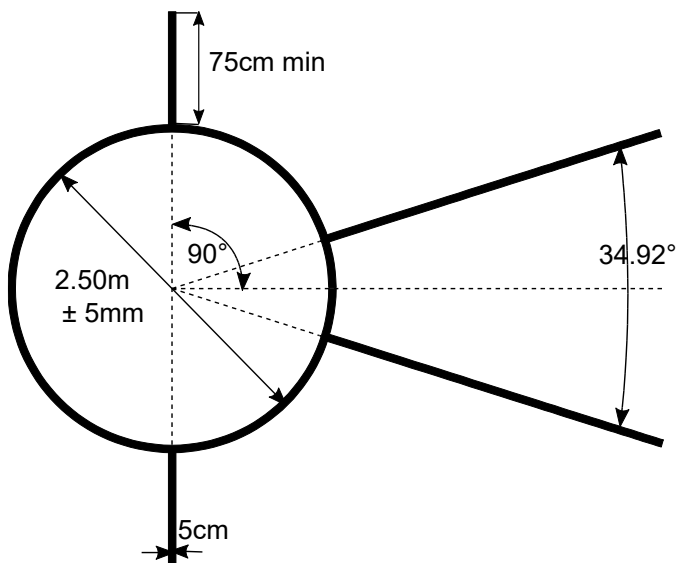
## F. SECTOR MARK OUT (SHOT PUT AND DISCUS)



# DISCUS

## Standard Rules TR32, TR34

- The discus is thrown from a circle into a sector of 34.92 degrees. The inside diameter being 2.50 metres. All lines used to mark the area are 5cm wide.
- A line 75cm long is drawn each side of the circle, extending from a theoretical line through the centre of the circle.
- Where possible, the discus should be thrown from a discus cage compliant with World Athletics Rule TR35. The cage should be designed, manufactured, and maintained so as to stop the discus so there is no danger of it ricocheting off the fixed members of the cage, back towards the athlete or over the top of the net. The breaking strain of the netting should be at least 40kg.



## A.EQUIPMENT

1. A ring 2.50 metres in diameter with a raised edge approximately 20mm high.
2. A 50 metre long measuring tape and spike. (A 100m tape may be required for some older age groups).
3. Ideally 2 of each discus. Steel rimmed discus are only permitted where a suitable throwing cage is in use.
4. The discus weights for each age group are:
  - 350g U6,7 Boys & Girls
  - 500g U8, 9, 10, 11 Boys & Girls
  - 750g U12, 13 Boys & Girls
  - 1kg U14, 15, 16 Boys & U14, 15, 16 & 17 Girls
  - 1.5kg U17 Boys

## B. RULES

1. Spiked footwear, gloves and tape on the hand or fingers are not permitted.
2. The athlete must commence the throw from a stationary position inside the circle. The athlete is allowed

to touch the inside of the iron band. (Stationary means the athlete is momentarily stationary before the trial is attempted).

### 3. The athlete

- a) may enter the circle from any direction.
- b) The athlete must leave from the rear half of the circle. First contact with the ground must be completely behind the white line and extensions which are drawn outside the circle, and theoretically through the centre of the circle.

4. Once an athlete takes up the stance to commence the trial, it is a foul if any part of the body touches the ground outside the circle or the top of the ring.

**NOTE** - It, however, will not be considered a failure if the touch happens during the rotation, behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

5. It is not a foul if an athlete drops an implement and it does not touch the ground outside the throwing circle.

6. The athlete must not leave the circle until the discus has landed.

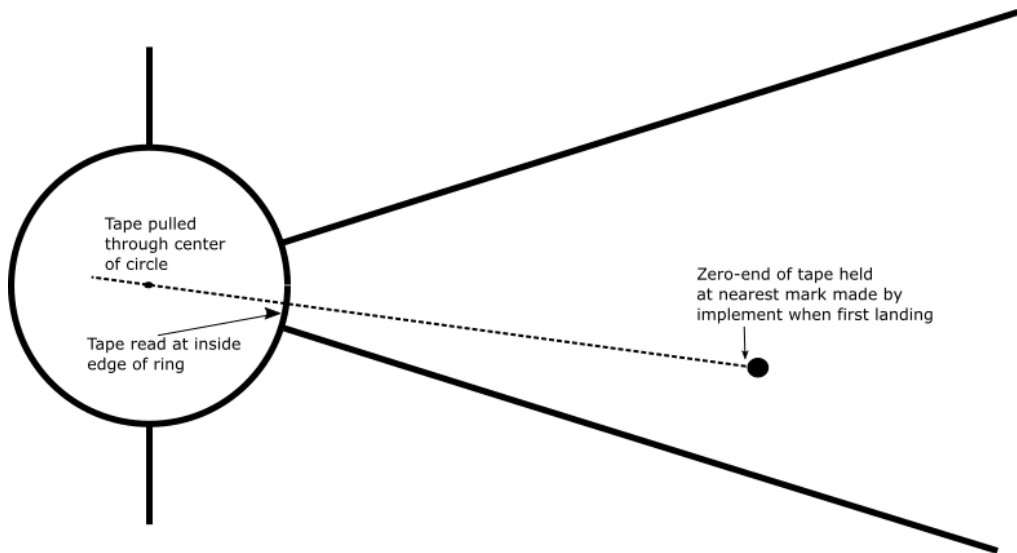
7. If no rules are infringed a trial may be interrupted. The discus may be laid down and the competitor may leave the circle before returning to his stationary position to restart the trial. An interrupted trial must recommence within 60 seconds of the original start of the trial.

## SPECIFIC RULES

1. The discus must fall completely within the inner edges of the lines marking the sector. (It does not matter where the discus goes after the impact).
2. Where a cage or net surrounds the discus ring, it shall be a valid throw if the discus hits the net or uprights and lands back in the sector, provided no other rules are infringed.

### C. MEASUREMENT

1. The measurement is made immediately after the throw, from the nearest point of the mark made by the fall of the discus, to the circumference of the circle, along a line passing through the centre of the circle.
2. The zero end of the tape is held at the mark where the discus landed. The measurement at the edge of the circle is made to the nearest cm below. (ignore mm. Readings).



## D. CONDUCT OF EVENT

1. The athletes should be informed of the rules before the competition begins and then told the reason if a foul is called.
2. Remember that officials must not coach during competition.
3. Officials Required.
  - a) Two Officials are needed near the circle to watch for foul throws, read the measurements, and pull the tape through the centre of the circle. A recorder is required to record the measurements. Three other officials are required in the sector to mark the point of impact and carry the implement back to the circle.
  - b) Position of Officials: The officials judging the throw should stand about 2 metres away from the circle. Where no cage is available, the judge on the non-throwing side of the athlete should stand toward the front of the circle, the judge on the throwing side should stand towards the back of the circle.

## **E. THROWING SAFETY**

Everyone should be told the following safety rules.

1. Everyone should stand behind the thrower.
2. Both athletes and officials should make sure the sector is clear.
3. The discus should be carried back to the circle - never thrown.
4. The throwing area should be marked clearly.
5. Throwing should be allowed only in that area.
6. Throwing should be allowed only under supervision.
7. A throwing cage or net should be used wherever possible.
8. No-one should ever stand on the right side of a right-handed thrower or on the left side of a left-handed thrower.
9. No one should stand within 1-2m of the throwing cage, as the netting will push out if struck by an implement, which may hit someone standing too close to the cage.
10. No one except the thrower is permitted to stand inside the discus cage.

## **F. SECTOR MARK OUT**

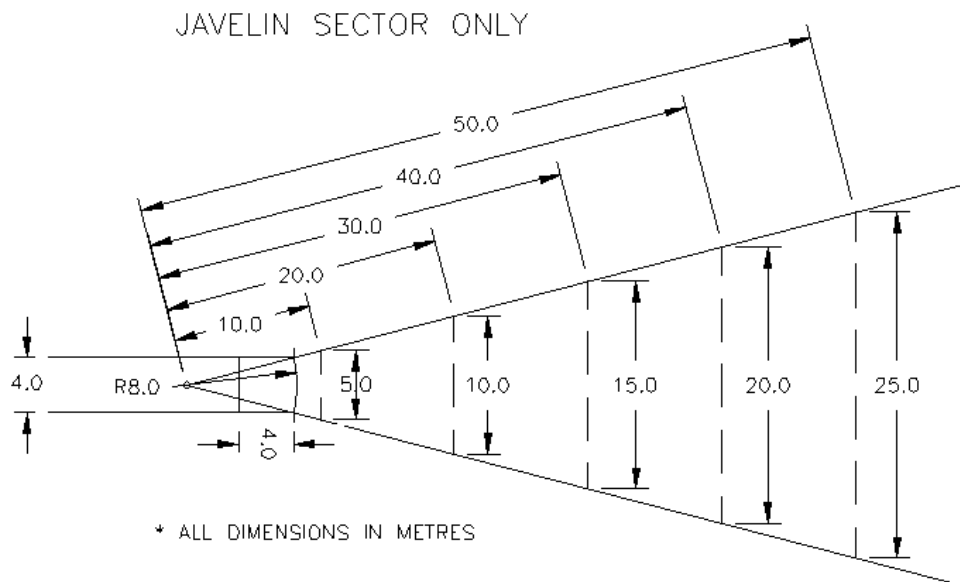
Dimensions for marking out the throwing sector are clearly shown in the diagram following shot put.

# JAVELIN

Standard Rules TR32, TR38

## A. EQUIPMENT

1. The length of the runway shall be at least 30 metres and shall be marked by two parallel lines 50 millimetres in width and 4metres apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8 metres; such arc shall consist of a strip made of paint, wood or metal, 70millimetres in width, painted white and shall be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 0.75 metres in length and 70 millimetres in width.
2. A 50 metre long measuring tape and spike. (A 100m tape may be required for older age groups).



3. Ideally, 2 of each javelin are needed. Weights for each age group are  
U11 B&G, U12 B&G, U13 & 14 G: 400g  
U15, 16 & 17 G: 500g  
U13 & 14 B: 600g  
U15, 16 & 17 B: 700g

## B. RULES

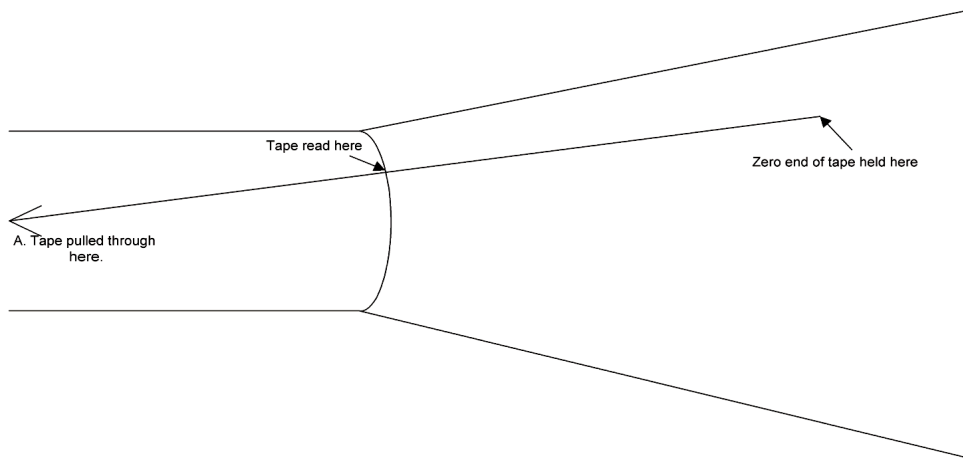
1. Each athlete is allowed 3 throws.
2. U11 to U17 athletes may wear 9mm spikes at SA ATHLETICS STADIUM. (heel spikes are permitted).
3. To be a valid throw and measured
  - a) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin. The javelin is not required to stick in the ground.
  - b) For a valid throw, the head of the javelin must fall completely within the inner edges of the landing sector.
  - c) It shall be a failure if the athlete, after starting their throw, touches with any part of their body or limbs, the lines marking the runway.



- d) It is not a failure if the end of the javelin touches the ground during the run up.
- e) At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the throwing arc.
- f) It shall be a failure if the athlete leaves the runway before the implement has touched the ground, or if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white lines of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, the athlete shall be considered to have left the runway correctly.
- g) An athlete may interrupt a trial once started, may lay the implement down inside or outside the runway and may leave the runway (as required above), before returning to the runway to continue their throw within time limit.

## C. METHOD OF MEASUREMENT

- The measurement is made after the athlete has left the runway. Note that for the purposes of this rule, an athlete is considered to have left the runway once they cross the lines marking the runway, or a line (painted or theoretical and indicated by markers beside the runway) four metres back from the end points of the throwing arc.
- The measurements are made by drawing a tape from the point where the javelin first touches the ground to the point marking the centre of the radius of the arc-"A" in diagram.



- The length of the throw shall be taken as the measurement read off the tape at the inside of the arc line.
- Measurements are made to the nearest cm.
- The zero end of the tape is held where the head of the javelin first touches the ground in the sector.

## D. OFFICIALS REQUIRED

A minimum of seven (7)

- Chief judge who also reads the tape
- Recorder
- One to pull the tape through the centre of the arc ('V' at 'A').
- A judge out in the sector for the fall and marking

- Two others on the sector lines to retrieve the javelins and assist with the fall of the javelin.
- One halfway along a sector line to take the javelins back to the arc - (stops athletes going past the runway and into the sector to collect javelins).

## **E. THROWING SAFETY**

All rules for Discus and Shot Put apply here plus :

1. Where possible have the throwing area and the direction of throwing away from the normal competition area.
2. Alternatively, clearly mark the area with ropes or bunting at least 3 metres wider than the sector lines and 10 metres longer than your top athlete's best throw.
3. Athletes and Officials shall always carry the javelin upright with the metal tip pointing downwards.
4. Officials and Athletes when pulling the javelin out of the ground, always put one hand over the end of the javelin and pull it out with the other hand.
5. Only one Athlete shall be allowed in the run-up area at a time. The Athlete to follow shall be the only other Athlete with a javelin.
6. Practice throws outside the throwing area are prohibited and may result in forfeiture of the right to throw in competition.

## **F. SECTOR MARK OUT**

Dimensions for marking out the throwing sector are clearly shown in the first diagram for this section.

# EVENT SPECIFICATIONS

## HURDLES

Age Group	Distance	Flights	Height	Distance to 1 <sup>st</sup> Hurdle	Spacing Between	Last Hurdle to Finish Line	Colour Code For Markings
U6	60m	6	20cm*	12m	7m	13m	Pink
U7	60m	6	30cm*	12m	7m	13m	Pink
U8-U9	60m	6	45cm	12m	7m	13m	Pink
U10	60m	6	60cm	12m	7m	13m	Pink
U11	80m	9	60cm	12m	7m	12m	Black
U12	80m	9	68cm	12m	7m	12m	Black
U13	80m	9	76cm	12m	7m	12m	Black
U14G	80m	9	76cm	12m	7m	12m	Black
U14B, U15-16G	90m	9	76cm	13m	8m	13m	White
U15-16B, U17G	100m	10	76cm	13m	8.5m	10.5m	Yellow
U17B	110m	10	76cm	13.72m	9.14m	14.02m	Red
U13	200m	5	68cm	20m	35m	40m	Green
U14	200m	5	76cm	20m	35m	40m	Green
U15,16,17G&B	300m	7	76cm	50m	35m	40m	Green

\*Mini-hurdles only for these age groups

## THROWS

	Boys			Girls		
	Shot Put	Discus	Javelin	Shot Put	Discus	Javelin
Under 6	1kg	350g		1kg	350g	
Under 7	1kg	350g		1kg	350g	
Under 8	1.5kg	500g		1.5kg	500g	
Under 9	2kg	500g		2kg	500g	
Under 10	2kg	500g		2kg	500g	
Under 11	2kg	500g	400g	2kg	500g	400g
Under 12	2kg	750g	400g	2kg	750g	400g
Under 13	3kg	750g	600g	3kg	750g	400g
Under 14	3kg	1kg	600g	3kg	1kg	400g
Under 15	4kg	1kg	700g	3kg	1kg	500g
Under 16	4kg	1kg	700g	3kg	1kg	500g
Under 17	5kg	1.5kg	700g	3kg	1kg	500g





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