

# Shot Put

The shot weights for each age group are:

1 kg (blue) U6, U7 boys & girls

1.5 kg (yellow) U8 boys & girls

2 kg (orange) U9, U10, U11, U12 boys & girls

3kg (white) U12, U13, U14, boys & U13, U14, U15, U16, U17 girls

4kg (red) U15, U16 boys

5kg U17 boys

## Basic Rules:

- Everyone must stand / sit behind the throwing circle.
- Only one person (the thrower) allowed in the circle.
- The shot shall be put from the line of the shoulder with one hand only.
- 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.
- The shot must not be taken behind the line of the shoulder.
- The shot must land completely within the lines of the marked sector. (It does not matter where the shot goes after the impact.)
- The athlete must leave from the rear half of the circle.

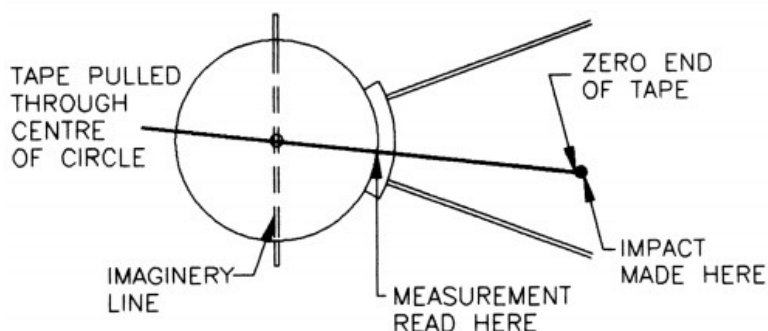
Each athlete is allowed three throws (if running late, or large number waiting, ok to do 2).

- Allocate each athlete a number, place corresponding number spike to mark the impact point of the 1<sup>st</sup> throw. All athletes do 1<sup>st</sup> throw.
- Athlete 1 does 2<sup>nd</sup> throw, only move the number spike to new impact point **IF** further than 1<sup>st</sup> throw. All athletes do 2<sup>nd</sup> throw.
- Athlete 1 does 3<sup>rd</sup> throw, only move the number spike etc. as per above.
- Once all athletes have finished their throws, prepare to measure.

## Measuring:

- The zero end of the tape is held at the number spike, take the tape measure right through centre of circle. As per diagram below.
- Read measurement from inside edge of stop board, to nearest cm below (round down eg. 4m and 46.7cm is recorded as 4.46m)

### HOW TO MEASURE THE THROW



# Discus

The discus weights for each age group are:

350gm U6, U7 boys & girls

500gm U8, U9, U10, U11 boys & girls

750gm U12, U13 boys & girls

1kg U14, U15, U16 boys & U14, U15, U16, U17 girls

1.5kg U17 boys

## Basic Rules:

- Everyone must stand / sit behind the throwing circle.
- Only one person (the thrower) allowed in the circle.
- The discus can be thrown in any manner comfortable to the athlete.
- The discus must land completely within the lines of the marked sector. (It does not matter where the discus goes after the impact.)
- The athlete must not leave the circle until the discus has landed.
- The athlete must leave from the rear half of the circle.

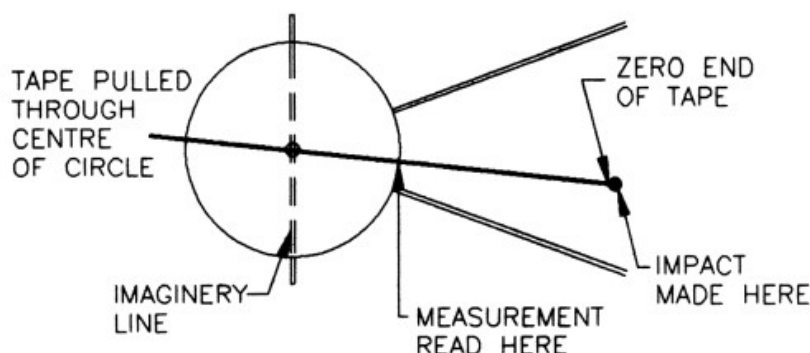
Each athlete is allowed three throws (if running late, or large number waiting, ok to do 2).

- Allocate each athlete a number, place corresponding number spike to mark the impact point of the 1<sup>st</sup> throw. All athletes do 1<sup>st</sup> throw.
- Athlete 1 does 2<sup>nd</sup> throw, only move the number spike to new impact point **IF** further than 1<sup>st</sup> throw. All athletes do 2<sup>nd</sup> throw.
- Athlete 1 does 3<sup>rd</sup> throw, only move the number spike etc. as per above.
- Once all athletes have finished their throws, prepare to measure.

## Measuring:

- The zero end of the tape is held at the number spike, pull the tape measure right through centre of circle. As per diagram below.
- Read measurement from inside edge of circle, to nearest cm below (round down eg. 11m and 67.5cm is recorded as 11.67m)

### HOW TO MEASURE THE THROW



# High Jump

This event is only available for U8 - U17 Age Group.

Athletes in the U8 to U10 age groups **must** only jump using the scissors technique, landing in either a standing or sitting position. Athletes in this age group will be fouled for attempting any form of 'flop'.

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.
- d) The athlete may land in a standing or sitting position

**Due to limited time, we require athletes to only perform 10 jumps total,**

athletes can sit out early rounds if they know their (PB) personal best eg: if a PB is 1.2m, the athlete may nominated to start at 1.1m or 1.15m.

- Start the bar at a low height (unless all athletes have a PB)
- Line athletes up in sheet order, on either right or left side. (if they kick a football with their right leg, they will probably jump from the right side.)
- Write height of bar on recording sheet, mark with "tick" as athletes jump.
- A foul will be recorded if:
  - 1) athlete dislodges the bar
  - 2) The athlete jumps from two feet.
  - 3) The athlete touches the landing mat with hand or foot and gains an advantage.
  - 4) The athlete has two consecutive baulks or decides not to jump after one baulk.
- Each athlete is allowed 3 attempts at each height. (Once cleared, wait for next round.)
- Once all athletes have had 3 attempts, increase bar by 5cms.

If athlete does not clear bar after 3 attempts, sit athlete out, (to side of the mat, or behind you) and draw line through remaining record sheet for the athlete, this will help you keep track of whom is still jumping.

- Continue raising bar by 5cm until only 3 athletes remain.
- Then raise by 3cms each round.
- When only one athlete remains, they can nominate if they want to raise by 2 or 3cm each round, (once nominated, they can not change, eg nominate 3cm, do a jump then ask for 2cm increase.)

# Long Jump U6 – U10

Use the ½ yellow / black mat for U6 – U10 athletes.

Before you start:

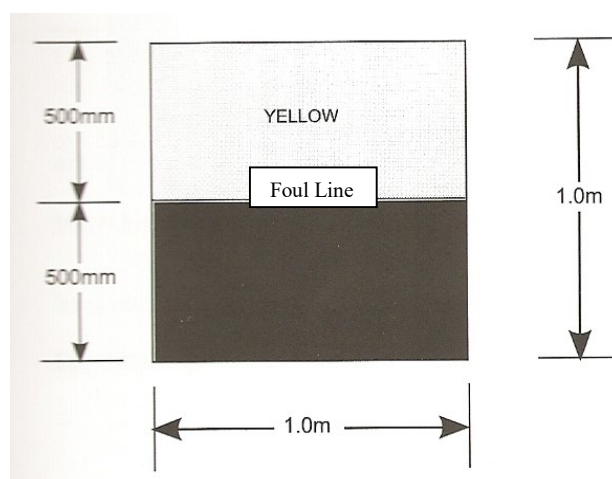
- Rake the sand to get a level, even surface.
- Rake after every jump. (This will make measuring a lot easier.)
- Brush mat with small amount of powder or chalk and broom, this will help show where the athletes foot took off from?

Each athlete is allowed 3 jumps, measure and record all three.

- Athletes to take off from one foot and land on two.
- Encourage athletes to fall forward and leave the pit via the back and return to queue down the outside, being careful not to interfere with other athletes that may be jumping on the adjoining pit.
- The jump is measured from the mark in the sand made by the athlete which is nearest to the take-off point.
- The take off point is:
  1. Toe imprint on the mat
  2. Or if taking off behind the mat, the edge of the mat, furthest from the pit.
- Measurement are made to the nearest cm below (if 1m 23.8cms – record as 1.23m)

A foul will be recorded if:

- Any part of the toe protrudes into the yellow section or any part of the foot is off the sides of the mat.
- The athlete attempts any form of somersault.



# Long Jump U11 & over

Use mat with 200mm white 'board' for U11 and over athletes.

Before you start:

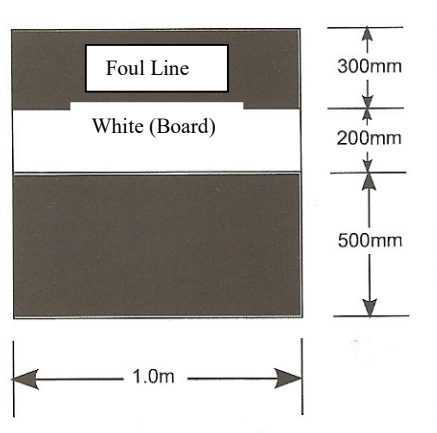
- Rake the sand to get a level, even surface.
- Rake after every jump. (This will make measuring a lot easier.)

Each athlete is allowed 3 jumps, measure and record all three.

- Athletes to take off from one foot and land on two.
- Encourage athletes to fall forward and leave the pit via the back and return to queue down the outside, being careful not to interfere with other athletes that may be jumping on the adjoining pit.
- The jump is measured from the mark in the sand made by the athlete which is nearest to the take-off point.
- The take off point is: the edge of the white board nearest the pit.
- Measurement are made to the nearest cm below (if 1m 23.8cms – record as 1.23m)

A foul will be recorded if:

- Any part of the toe protrudes into the foul section or any part of the foot is off the sides of the mat.
- The athlete attempts any form of somersault.



# Triple Jump U11 & over

Use mat with 200mm white 'board'.

Before you start:

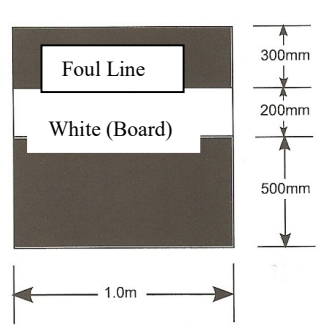
- Rake the sand to get a level, even surface.
- Rake after every jump. (This will make measuring a lot easier.)
- The foul line of the take-off 'board' is set a various whole metre distances from the edge of the pit. It is moved at these intervals as necessary.
- Ask every athlete at what distance they want the take-off set, and write it alongside their name on the recording sheet.
- If the athlete is doing the triple jump for the 1<sup>st</sup> time set it at 2 metres, but make sure the athletes complete the hop and step on the hard run up with the jump ending in the pit.
- Set the mat at the closest distance, then call all those who take off from that distance. Shift the take off point 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. Athletes may change their take off distance.

Each athlete is allowed 3 jumps, measure and record all three.

- The triple jump consists of a hop, step and jump.
- It must comply with the following definitions: The hop shall be made so that the competitor lands first upon the same foot as that from which he/she has taken off; in the step he/she shall land on the other foot; from which the jump is performed. (note: the trailing leg touching the ground is not a foul.)
- Encourage athletes to fall forward and leave the pit via the back and return to queue down the outside, being careful not to interfere with other athletes that may be jumping on the adjoining pit.
- The jump is measured from the mark in the sand made by the athlete which is nearest to the take-off point.
- The take off point is: the edge of the white board nearest the pit.
- Measurement are made to the nearest cm below (if 1m 23.8cms – record as 1.23m)

A foul will be recorded if:

- Any part of the toe protrudes into the foul section or any part of the foot is off the sides of the mat.
- The athlete attempts any form of somersault.
- The jump must land in the pit, landing on the runway is a foul.



# Javelin

The weights for each age group are:

400g Blue shorter one – U11 & U12 boys & girls, U13 & U14 girls

500g White – U15, U16, U17 girls

600g Green longer one - U13 & U14 boys

700g Blue longer one - U15, U16, U17 boys

**Safety is the number one concern for this event, make the whole outside track is clear of athletes, need 3 adults to ensure no one enters the throwing zone.**

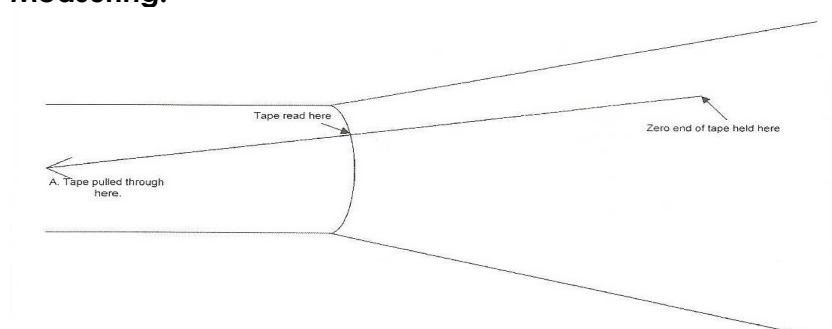
## Basic Rules:

- Everyone must stand / sit along the runway.
- Only one person (the thrower) allowed in the runway.
- The javelin must be held at the grip, the hand must be in contact with the grip.
- The throw must be commenced from a stationary position. At no stage after commencing the run-up, until the javelin is thrown, must the athlete have his/her back towards the arc.
- The javelin must be thrown OVER THE SHOULDER OR UPPER PART OF THE THROWING ARM and must not be slung or hurled, no round arm throws. (Elbow should come through first with the hand coming through above the shoulder or head).
- The athlete must not touch any of the lines indicating the runway and the arc.
- The athlete must not leave the runway until the javelin has touched the ground.
- For a throw to be valid the tip of the metal head must strike the ground before any other part of the javelin. (It does NOT have to stab and stay in the ground). Must land within marked sector.
- The athlete must leave the runway from behind the arc.

Each athlete is allowed three throws (if running late, or large number waiting, ok to do 2).

- Allocate each athlete a number, place corresponding number spike to mark the impact point of the 1<sup>st</sup> throw. All athletes do 1<sup>st</sup> throw.
- Athlete 1 does 2<sup>nd</sup> throw, only move the number spike to new impact point **IF** further than 1<sup>st</sup> throw. All athletes do 2<sup>nd</sup> throw.
- Athlete 1 does 3<sup>rd</sup> throw, only move the number spike etc. as per above.
- Once all athletes have finished their throws, prepare to measure.

## Measuring:





# Turbo Javelin

The age groups are:  
U9 & U10 boys & girls

This event is a basic entry level event to develop the required throwing style for Javelin and the next level from vortex.

Athletes should be encouraged to throw over their shoulders to mimic the javelin throwing style, run-ups should only be encouraged once the athlete is competent with the basic technique and the turbo javelin is traveling straight

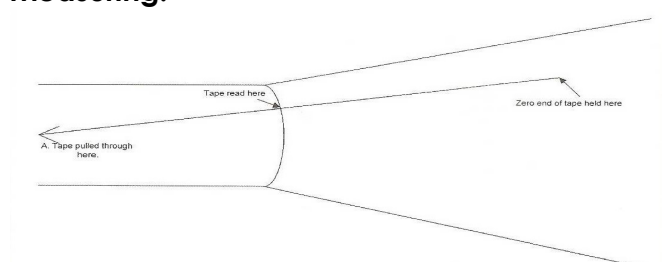
## Basic Rules:

- Everyone must stand / sit along the runway.
- Only one person (the thrower) allowed in the runway.
- The javelin must be held at the grip, the hand must be in contact with the grip.
- A standing throw should be encouraged until a level of competency is achieved.
- The throw must be commenced from a stationary position. At no stage after commencing the run-up, until the turbo javelin is thrown, must the athlete have his/her back towards the arc.
- The Turbo javelin must be thrown OVER THE SHOULDER OR UPPER PART OF THE THROWING ARM and must not be slung or hurled, no round arm throws. (Elbow should come through first with the hand coming through above the shoulder or head).
- The athlete must not touch any of the lines indicating the runway and the arc.
- The athlete must not leave the runway until the javelin has touched the ground.
- For a throw to be valid the tip of the metal head must strike the ground before any other part of the javelin. (It does NOT have to stab and stay in the ground). Must land within marked sector.
- The athlete must leave the runway from behind the arc.

Each athlete is allowed three throws (if running late, or large number waiting, ok to do 2).

- Allocate each athlete a number, place corresponding number spike to mark the impact point of the 1<sup>st</sup> throw. All athletes do 1<sup>st</sup> throw.
- Athlete 1 does 2<sup>nd</sup> throw, only move the number spike to new impact point **IF** further than 1<sup>st</sup> throw. All athletes do 2<sup>nd</sup> throw.
- Athlete 1 does 3<sup>rd</sup> throw, only move the number spike etc. as per above.
- Once all athletes have finished their throws, prepare to measure.

## Measuring:





# Vortex

The age groups are:  
U6 & U18 boys & girls

This event is a basic entry level event to develop the required throwing style for Javelin.

Athletes should be encouraged to throw over their shoulders to mimic the javelin throwing style

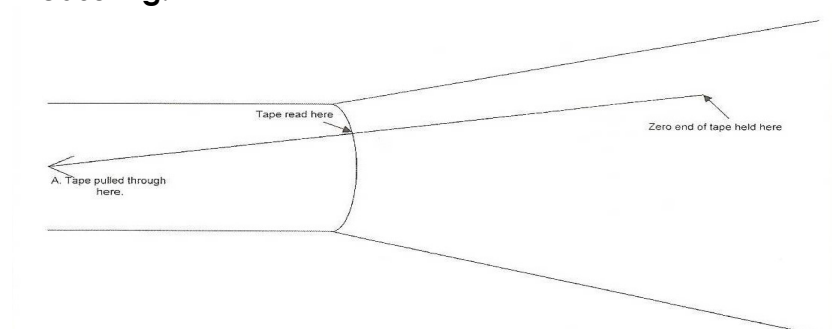
## Basic Rules:

- Everyone must stand / sit along the runway.
- Only one person (the thrower) allowed in the runway.
- The vortex must be held between the flight and the ball.
- The throw must be made from a stationary position.
- It should be encouraged to throw the vortex over the shoulder or upper part of the throwing arm
- The athlete must not touch any of the lines indicating the runway and the arc.
- The athlete must not leave the runway until the javelin has touched the ground.
- For a throw to be valid it Must land within marked sector.
- The athlete must leave the runway from behind the arc.

Each athlete is allowed three throws (if running late, or large number waiting, ok to do 2).

- Allocate each athlete a number, place corresponding number spike to mark the impact point of the 1<sup>st</sup> throw. All athletes do 1<sup>st</sup> throw.
- Athlete 1 does 2<sup>nd</sup> throw, only move the number spike to new impact point IF further than 1<sup>st</sup> throw. All athletes do 2<sup>nd</sup> throw.
- Athlete 1 does 3<sup>rd</sup> throw, only move the number spike etc. as per above.
- Once all athletes have finished their throws, prepare to measure.

## Measuring:



# Track events

## Lane Starts

40m, 70m, 100m, 200m & 400m **Stay in your lane, do not run on lines.**

500m and above – once past the finish line on the first lap, you can move to inside lane, being careful not to impede any other runners.

## Mass Starts – Running or walking

Only for 500m and above, start on curved line, can move to inside lane when able to do so without impeding any other runners / walkers.

## Walking

Two basic rules:

Must maintain contact with the ground at all times.

Must straighten the advancing knee.

If called by a committee member 3 or more times, walker will be disqualified.

## Inside / straight track starting procedure

Stand / sit waiting runners on the other side of the track to the starter, behind the start line if possible, being careful of outside track.

Organize runners in heats, in groups of 6, or three groups of 5, or two groups of 4, etc. Don't run 6 runners in one heat and then only 2 in the last one.

*Tell the athletes what the starter is going to do, e.g.; they will say, '**on your marks**', then '**set**', then the gun will fire. If you hear two shots, stop and return to the start to have a restart. Remember to stay in your lane, do not run on the lines.*

## Curved outside track starting procedure

Stand / sit the waiting runners on the outside of the track, behind the runners. Organize runners in heats, in groups of 4, or three groups of 3 etc. Don't run 4 runners in one heat and then only 2 in the last one.

*Tell the athletes what the starter is going to do, e.g.; They will say, '**on your marks**', then the gun will fire. If you hear two shots, stop and return to the start for a restart. Remember to stay in your lane until you pass the finish line (400m stay in your lane for the whole race), do not run on the lines.*

# Notes for Starter:

**Must use ear muffs and high vis!! Very important**

## **Straight inside track:**

Stand at least 5 metres to side of track and about 2 metres in front of the runners, make sure you are in direct line of sight with the time keepers.

Have the chaperones and waiting runners on the other side of the track, behind the start line if possible, being careful of outside track.

Have chaperones organize runners in heats, in groups of 6, or three groups of 5, or two groups of 4, etc. don't run 6 runners in one heat and then only 2 in the last one.

*Tell the athletes what you are going to do, e.g.; I will say, "on your marks, set" then the gun will fire. If you hear two shots, stop and return to the start for a restart*

## **Starting Procedure: for all events which start in lanes**

- Raise flag, make sure the timekeepers are ready
- Gain the attention of the athletes
- In a clear loud voice give the command - "on your marks"
- Check that all toes are behind the line
- Raise the gun above your head
- Give the command – "set"
- Wait 2 seconds; fire the gun if all athletes are still
- Fire second shot if a false start

## **Curved outside track:**

Stand on inside of track, where you can see all athletes and time keepers clearly.

Have chaperons and waiting runner on the outside of the track, behind the runners.

Have chaperones organize runners in heats, in groups of 4, or three groups of 3 etc. don't run 4 runners in one heat and then only 2 in the last one.

*Tell the athletes what you are going to do EG; I will say, on your marks, then the gun will fire, if you hear two shots, stop and return to the start to have a restart*

## **Starting Procedure: for all events which start in lanes**

- Raise flag, make sure the timekeepers are ready
- Gain the attention of the athletes
- In a clear loud voice give the command - "on your marks"
- Check that all toes are behind the line
- Raise the gun above your head
- Wait 2 seconds; fire the gun if all athletes are still
- Fire second shot if a false start

# Chaperone's Duties

Fill in your name, date and Centre (Mt Barker).

Make sure you are doing the correct week's program.

Tick off the names of the athletes present, (front and back of form if you are doing high jump). Add any extras to the bottom of the list.

Move to each event in the order indicated on the recording sheet, don't jump events.

Keep children with you at all times. Do not let them run ahead to their next event, but move as a group. Children who need to leave their group MUST advise the chaperone FIRST. Ensure that while waiting for their turn that the children are NOT playing with unused equipment.

Play 'Simon Says' if they are ratty, or some other game to keep them warm and busy.

Make sure children keep their shoes on at all times and a hat when not competing.

Please ensure that the athletes are using the appropriate discus or shot weight, especially if your group covers two or more ages.

Record all results on the recording sheet. High Jump, Long Jump, Triple Jump, Shot Put and Discus are recorded to the centimeter. All running and walking races are rounded up to the 10<sup>th</sup> of a second. Thus 14.24 would be recorded as 14.3 and 15.91 would be recorded at 16.0, clarify with the head time keepers if in doubt.

In any event where an athlete does not compete, write DNC in the performance column. If an athlete starts and fails to finish, record a result of DNF. If an athlete is disqualified, indicate this as a DISQ

Complete the performance tickets and distribute to all athletes who competed.

Walk children to assembly area and return the recording folder to the table.

Thank you for your assistance, the athletes could not compete without your help!