



Who can do High Jump?

U8 - U10 onto scissor mats, scissor technique only

U11 - U17 onto flop mats.

Some Safety Considerations

- The size of the landing area must meet the LAQ requirements of Scissor – not be less than 5m x 3m. The mat depth should be 15cm -30cm. Flop – not be less than 5m x 3m. The mat depth should be 40cm – 50cm.
- Instruct athletes to clear the bar in the middle not near the uprights.
- The take off area should be flat, dry and well mowed (if grass).
- Use a flexi bar when athletes are in the early learning stages.
- If multi smaller bags/mats are being used, they should be covered by a one-piece cover or strapped together; and checked regularly to ensure there are no gaps.

“Handy Tips” for conducting High Jump

- With large groups, consider splitting the group based upon ability (scissor and flop jumpers).
- Have the athletes start from a shorter approach for lower heights.
- Mark the bar to show which is the front so it is the same for all athletes.
- Have different coloured tape pieces cut up before competition starts, for use as markers.
- Use a flexi bar for younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence.

Teaching Scissors

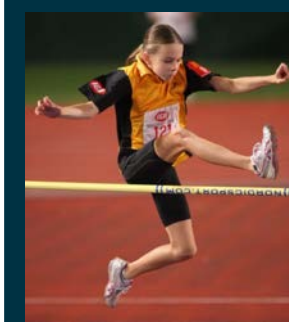
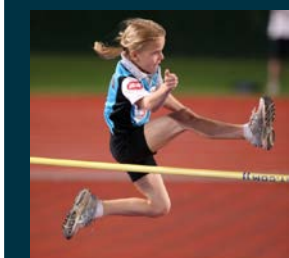
- The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete's body should remain upright and they should land on their feet.

Teaching Flop

- The flop should only be taught by qualified coaches as it is quite hard to master. Most young athletes at Little Athletics think that the flop will get them a higher jump. If it is done correctly this is probably true, however, most young athletes have not mastered this skill yet, and as such will probably get a higher jump using the scissor technique. The flop may only be used by U11 and older.

Some Basic Rules?

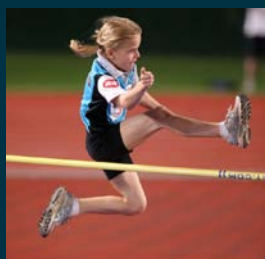
- Each athlete is allowed three attempts for each height at most competitions.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.
- Athletes may approach the bar from any angle or side





When is a foul recorded?

- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar.
- If the athlete knocks the bar off the support;
There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect.
If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.



Where do I measure from?

Measurements for high jump are taken from the top of the cross bar, at the lowest point of the bar in the middle. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.



How do I record each jump?

- Results are recorded on a high jump recording sheet.
 - indicates an athlete did not attempt a height or has passed.
 - X indicates an athlete failed an attempt at the height.
 - O indicates an athlete was successful at the height.

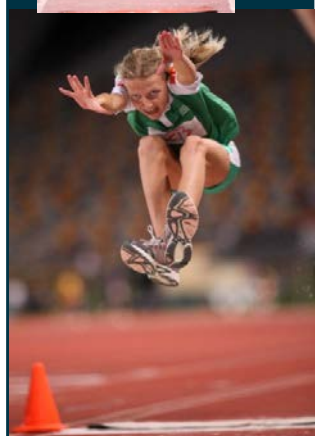
Competitor	1.15	1.20	1.25	1.30	1.35	1.40	1.43
A	-	XO	O	XO	O	XXO	XXX
B	O	O	O	X	XO	XXO	XXX
C	O	O	X	O	XXO	XXO	XXX
D	O	X	O	XXO	XXO	XO	XXX



When is an athlete's competition completed?

If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.





Some safety considerations...

- The pit must be dug out and be clear, free of debris and should be watered and raked through, prior to competition. Sand in the pit should be level with the runway.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

“Handy Tips” for conducting Long Jump...

- Have younger athletes (U6-U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups).

Where do the athletes jump from?

- U6 – U10: a rectangle of sand or a mat (1m x ½m).
- U11 - U17: a board or mat (1.22m x 20cm)
- The take-off area should be setup (not less than) 1m back from the edge of the pit. Allowances may be made for athletes to be closer to the pit, but no less than 50 cm.

How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.

When is a foul recorded?

- If an athlete's foot goes over the front edge of the take-off area or if the entire foot is outside either end of the take-off area.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

How do I measure?

- U6 - U10 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 - U10 (with no foot mark): If the athlete takes off from **before** the nominated take-off area, measurement is taken from the back of the nominated take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- U11 - U17: Whether the athlete takes off on or **before** the take-off board, measurement is from the front of board area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.



Who can do Triple Jump?

Only U11 - U17 athletes.

Some safety considerations.

- The pit must be dug out and be clear, free of debris and should be watered and raked through, prior to competition.
- Sand in the pit should be level with the runway.
- The take-off area should be dry and flat.
- Rake the pit after every jump.
- Sweep the runway

“Handy Tips” for conducting Triple Jump?

- Have 5, 7, 9, 11m boards or mats all set up before the competition starts.
- Pre-list the athletes' preferred take-off area.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups)

How do they jump?

The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

- Hop: During the hop the athlete uses the same foot for take-off and landing.
- Step: Athlete lands on the opposite foot (to that used for the hop).
- Jump: Athlete performs a jump from the “step” foot by landing in the pit.

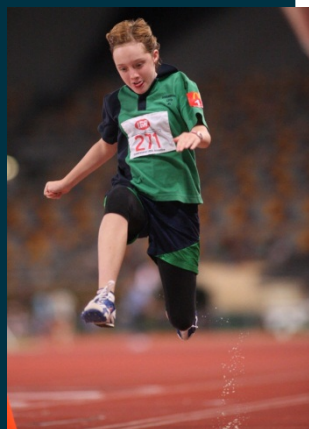
The saying, “**same, other, both**” can help remember the sequence.

Some basic rules

- Athletes are to notify the Chief Official which board they will be taking off from, before the start of their first jump. This is so the official knows which take-off area to look at.
- Athletes can change boards at any time, but must advise the Chief Official of the change prior to the commencement of the jump.

Where do the athletes jump from?

- There are 4 standard take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit. If an athlete struggles with the 5m board, consider adding a mat at 3m or making an area of sand.
- U11 - U17: take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above.





How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of their run-up should be their age in strides + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that an athlete is reaching their maximum speed well before the nominated take-off area, you might suggest that they move their run-up in.

When is a foul recorded?

- If the athlete does not perform the hop, step, jump sequence.
- If the athlete does not finish the jump phase by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off with two feet.
- If the athlete walks back through the sand towards the take-off area, after landing.
- If any sort of somersault is used.

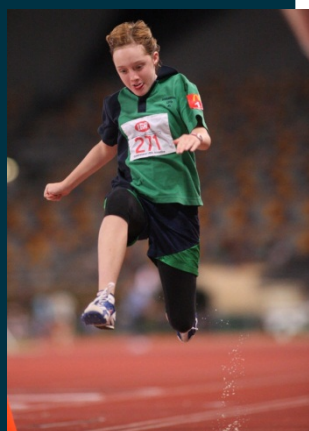
How do I measure?

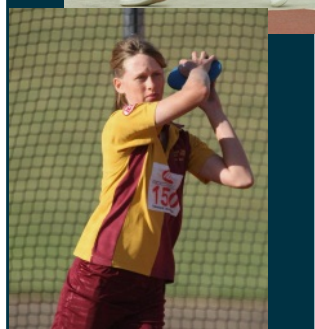
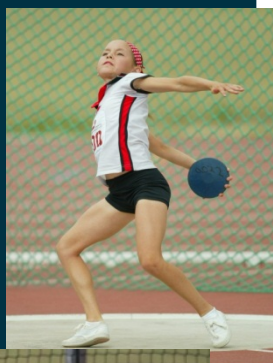
- U11- U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

How do I record at Triple Jump?

- indicates an athlete has passed.
- X indicates an athlete failed / foul.

Competitor	Trial 1	Trial 2	Trial 3	Best	Place
A	8.72	12.16	9.25	12.16	2 nd
B	11.25	11.95	X	11.95	4 th
C	X	12.45	10.95	12.45	1 st
D	11.15	11.95	-	11.95	5 th
E	11.95	11.19	11.85	11.95	3 rd





What is a discus?

A discus is an implement in the shape of a plate, that the athlete has to throw as far as they can. The discus can be made of rubber, wood and metal or plastic and metal.

What weights do age groups use?

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
350g	BG	BG	---	---	---	---	---	---	---	---	---	---
500g	---	---	BG	BG	BG	BG	---	---	---	---	---	---
750g	---	---	---	---	---	---	BG	GB	---	---	---	---
1kg	---	---	---	---	---	---	---	---	BG	BG	BG	G
1.5kg	---	---	---	---	---	---	---	---	---	---	---	B

Some safety considerations?

- Keep participants who are waiting their turn, well back from the cage.
- Judges should stand on the outside of the sector lines and always be alert.
- Participants should not lean on or touch the cage, while waiting for their turn.
- Make sure the discus is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a marker.
- Carry the discus back after each throw – never return the discus by throwing or rolling.
- Athletes must not throw until told to. They have one (1) minute from name called.

Some “Handy Tips” for conducting discus?

- For large groups, allow athletes to have 2 throws rather than 3.
- Have the next athlete ready to throw with the discus in hand.
- Move any discus that are not being used, away from the immediate area.
- For younger age groups, only allow athletes to do a standing discus throw (no turns or spins).

How do you throw the discus?

The following is the technique for throwing the discus; however it takes time and practice to perfect it. As long as the athlete throws the discus in a safe manner, anything goes.

- Starting position - the athlete should stand side on to the throwing area with their feet shoulder width apart.
- If the athlete is right-handed, then the right side of their body should be towards the back of the circle, visa versa for left-handed athletes.
- Grip - the hand is spread over the discus with the pads of the fingers just over the edges. The thumb should gently rest at the back of the discus.
- Release - out the front of the hand, off the index finger, with the arm being extended.



What are some basic rules?

- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the discus has landed.
- Athletes must be told the reason they have been fouled.
- If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul.
- Athletes can enter the circle from any direction (front OR back), but must exit from the back half of the circle behind extension line.

Can the discus be thrown underarm?

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a discus fly flat. In fact the discus can come out of the hand in any way, even out the back. If thrown correctly however, athletes will get a bigger throw.

When is a foul recorded?

- If the discus lands on or outside the sector lines.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athlete touches the ground outside the circle during the throw.
- If the athlete walks out the front half of the circle.

Where do I measure from?

- Measurement is from the nearest edge of the landing mark of the discus to the inside edge of the circle
- The zero end of the tape goes out to where the discus lands.
- The tape needs to be pulled directly back through the centre of the circle.





What is a Javelin?

A javelin is a metal or fibreglass implement in the shape of a spear, which the athlete has to throw as far as they can.

Who is allowed to do Javelin?

- Only U11-U17 athletes can do javelin.
- Younger age groups can do Turbojav for training purposes (depending on individual Centres).

What weights do age groups use

	U11	U12	U13	U14	U15	U16	U17
400g	BG	BG	G	G	---	---	---
500g	---	---	---	---	G	G	G
600g	---	---	B	B	---	---	---
700g	---	---	---	---	B	B	B

What are the safety considerations?

- Keep participants who are waiting their turn, well back from the throwing area.
- Judges should stand on the outside of the sector lines and be fully alert at all times.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a red flag.
- Carry the javelin back vertically after each throw.
- Athletes must not throw until told to do so.
- Never run to collect a javelin.
- Stand the javelins upright with the tip in the ground - never at an angle.
- The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back. Be aware of who is behind you.

What are some “Handy Tips” for conducting javelin?

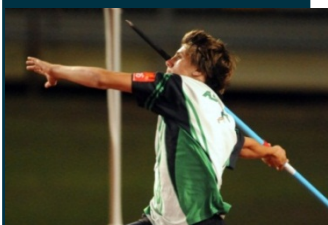
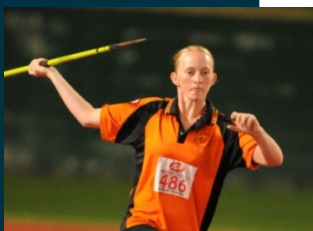
- Teach the athletes the different grips prior to commencing their throws.
- Have the next athlete ready to throw.
- Move any javelins that are not being used, away from the immediate area.
- For beginners allow the athletes a short approach only on the runway (3-5 steps).

How do you hold the javelin?

There are three types of grip:

- Claw / V grip - gripped in the “v” between the index and middle finger
- 1st finger grip - gripped between the first finger and the thumb
- 2nd finger grip - gripped between the second finger and the thumb

Regardless of the type of grip used, the javelin should be held diagonally across the palm.



How do you throw the javelin?

- Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.
- To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, NOT sidearm). At all times the javelin is above elbow height, with the tip pointing forward.
- The run-up for beginners should be a controlled 3-5 steps.

What are some basic rules?

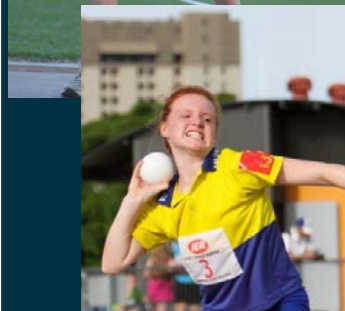
- The javelin must be released from over the shoulder or upper part of the arm.
- The tip of the javelin must strike the ground first.
- The javelin does not need to stick in the ground to be a valid throw.
- It is not a foul if the javelin touches the ground during the run up.
- The athlete must leave the throwing area from behind the throwing arc.

When is a foul recorded?

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw.
- If the javelin does not land with the tip of metal head first.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

How do I measure?

- Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc.
- The zero end of the tape goes out to where the javelin lands.
- The measuring tape is pulled straight back through the 8m point on the runway.



What is a shot?

A shot is a circular metal ball that athletes have to 'put' (pushing motion) as far as they can.

What weights do age groups use?

		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg	blue	BG	BG	---	---	---	---	---	---	---	---	---	---
1.5kg	yellow	---	---	BG	---	---	---	---	---	---	---	---	---
2kg	orange	---	---	---	BG	BG	BG	GB	---	---	---	---	---
3kg	white	---	---	---	---	---	---	---	BG	BG	G	G	G
4kg	red	---	---	---	---	---	---	---	---	---	B	B	---
5kg	green	---	---	---	---	---	---	---	---	---	---	---	B

What are the safety considerations?

- Keep participants who are waiting their turn to put, well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Make sure the shot is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest put you are expecting and mark these with a marker.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.

What are some "Handy Tips" for conducting shot put?

- Have the next athlete ready to put.
- Move any shots that are not being used, away from the immediate area.
- For younger age groups, only allow athletes to do a standing shot put.

How do the athletes "put the shot"?

- Starting Position - stand side on, feet shoulder width apart and use the non-throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- The shot shall touch or be close proximity to the neck or the chin.
- Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, ("elbow up, thumb down, palm out") can help remember the sequence.



What are some basic rules?

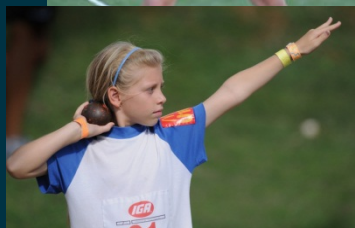
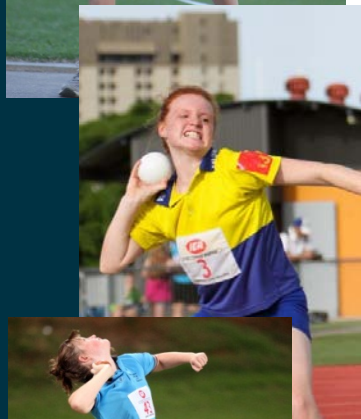
- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the shot has landed.
- Athletes must be told the reason why they have been fouled.
- Athletes can enter the circle from any direction (front OR back), but must exit from behind the line marking the extension of the centre line of the circle.

When is a foul recorded?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete's body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

How do I measure?

- Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.





What is my role?

- As the name suggests, place judge's determine the finishing order of the athletes at the completion of a race.
- At Centre level place judges may also be involved in timekeeping.

How many place judges should there be?

Ideally, there should be up to eight place judges (one judge per lane or per athlete in the race) and a Chief Judge. The Chief Judge's job is to allocate a position (i.e. first, second etc.) for each judge and to ensure all judges have appropriate paperwork. A Chief Judge should be able to record several or all placings in a race.

How do I judge? Who do I "place"?

The athletes places are determined by the order in which any part of the torso (i.e. between the shoulders and waist, not the head, hands, feet, etc.) reaches the finishing line.

Laned events:

Place judges are allocated a specific place to determine. e.g. John is to determine which lane comes in first place and records the number / Centre on a record sheet. This record sheet is then given to the Chief Judge.

Unlaned events:

At the completion of the race, the athletes are given written place numbers from the judge/s. The athletes are then placed into a line in their finishing order and taken to the recording table/area.

Where do I stand?

All judges should:

- Judge from the same side – inside of track.
- Be next to the finish line, preferably on a raised stand (for better viewing of the finish line) approximately 5m away from the track.

What if I make a mistake?

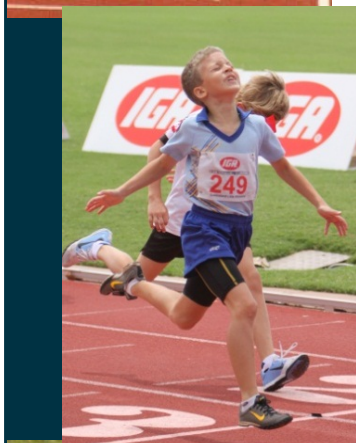
Mistakes do happen. Even experienced place judges make mistakes. Judges should not consult with each other but instead make their own decisions. Sometimes you miss the finish; you're blinded by other athletes; it's a close "blanket finish"; you are distracted by something; or you just don't know. When judging, first impressions are the best. If this happens to you:

- Don't panic
- Don't let on to the athletes that there is any problem
- Quietly let the Chief Judge know and they will deal with it

If there are any problems with the results the Chief Judge will determine the placings.

What are some "Handy Tips" for Place Judging?

- Don't tell all the athletes their places at the side of the track - it slows things down.
- Be aware of other judges behind you and not obstruct their view.
- For multi-lapped events a judge or multiple judges may be required to monitor the progress of a number of athletes especially slow athletes who may be lapped.





Where do I stand if I am on the straight track?

For all races on the straight track, the starter stands on the inside of the track. Stand a couple of metres back from the inside lane so you can see all competitors in the narrowest possible angle of vision.

Where do I stand if I am on the circular track?

For all races on the circular track, the starter should stand at the back of the competitors on the inside or outside of the track where you can see all competitors in the narrowest possible angle of vision.

How do I start the race?

- As the Starter, check with the Chief Timekeeper that all the timekeepers are ready (usually with a hand signal) / flag.
- In races up to and including 400m, call the athletes up to the line and give the order: - "On Your Mark - Set", and then the starting pistol is fired.
- In races over 400m, give the command - "On Your Marks" and then the starting pistol is fired.
- When the order "On Your Marks" is given, a reasonable length of time should elapse before the command "Set" is given (once all athletes are settled and no movement is detected).
- If an athlete is taking too long to settle into the "Set" position, then all athletes should be asked to stand up and the command is given again.
- Once you are happy that they are all still in the "Set" position, the gun is fired.
- Assuming that there is no false start, for this race your job is now over.

What are the basic rules?

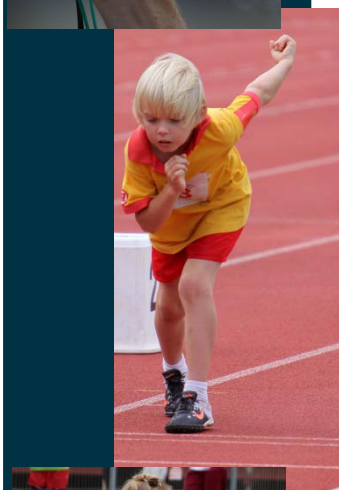
- Athletes must start from behind the line (not touching it).
- If an athlete "breaks" before the gun is fired, the starter declares a false start. In the case of a false start the gun is fired a second time.
- If a competitor does 2 false starts, they will be disqualified.
- A crouch Start may only be used by U11 – U17 athletes for all track events (up to and including the 400m event).

What are the safety considerations?

- Make sure the gun is only loaded when you are about to use it.
- Keep the starting caps in a cool dry place/container (not in your pocket).
- Make sure you wear protective ear muffs or ear plugs.

What are some "Handy Tips" for starters?

- Blow a whistle first to signal to athletes that the race is about to start.
- For younger age groups, do not keep them in the "Set" position for too long (sometimes it is difficult to have U6's completely still at "Set").
- Call the next race up as soon as the prior race has begun.
- Signal to the timekeepers as soon as the track is clear that you are ready to start the next race.





How do the athletes start a race?

For all running events up to and including the 400m, the athletes will need to wait one metre back from the starting line. The starter, who controls the race, will call them up to the line when all the timekeepers are ready. Athletes can do a standing or crouch start.

How do middle and long distance races start?

- For the 800m, the start is in lanes with two athletes sharing one lane. The athletes must use a standing start. Athletes can cross over to the inside lane once they have passed the designated mark on the track; this is around about the start of the back straight.
- For events 1500m and over, athletes line up side by side along a curved start line marked on the track. The athletes in this situation can cross to the inside lane as soon as it is safe to do so.

How do I teach a child to start?

- 'On your marks' position – stand with feet shoulder width apart, place one foot forward pointing down the track.
- 'Set' position – bend at hips and knees, opposite leg and arm forward.
- Action on 'Go' – drive arms and legs – step through with back foot first.
- Crouch or block starts can be used but should be taught by someone with experience in the area (Centre coach or official).

What are the safety considerations?

- Athletes from U11 age group and upwards are able to wear spikes at Centre level, at the Centre Management discretion, in events run entirely in lanes.
- Athletes are not allowed to put their spikes on until told to do so by the officials.
- Athletes must remove their spikes prior to leaving their lane at the end of the race.
- Shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition.

What are some “Handy Tips” for track races?

- For younger age groups, have coloured cones at the end of the finish line so the athlete will run to that cone and not detour to a parent off the track.
- For younger age groups, do not allow the athletes to crouch start or use blocks until they have mastered the standing start.
- Organise the athletes who are waiting for their race into their heats and lanes. Have them sit in lines behind their allocated lane, ready to be called to the start line.
- Use inside lanes for distance events and other lanes for 200m / 400m.





Where do I stand?

Technically, timekeepers stand on the outside of the track. Make sure that you stand about five metres back from the track and in line with the finish line to get the most accurate view of athletes crossing the line. It is preferable for timekeepers to sit on an elevated stand to ensure a good view of the finish.

Who do I time?

Contrary to what a lot of people believe, timekeepers are allocated a place not a lane to time. e.g. first place not lane one.

When do I start timing?

The Starter will check with the Chief Timekeeper that everyone is ready before he or she starts the race. Watch for the raised gun. Start timing when you see the flash or the smoke from the gun - not when you hear the sound. It is desirable to eliminate any waste motion of the hand holding the watch. This can be achieved by bracing the elbow on your knee or holding the elbow with the other hand. The stop/start button on the watch should be activated by a finger, never by the thumb.

When do I stop timing?

Stop timing when the athlete's torso reaches the line. Disregard the legs, arms and head.

What do I do at the end of the race?

At the end of the race, the Chief Timekeeper will ask for the time that you took for your designated place. Times are taken to the 10th of a second e.g. 10.41 becomes 10.5. (round up).

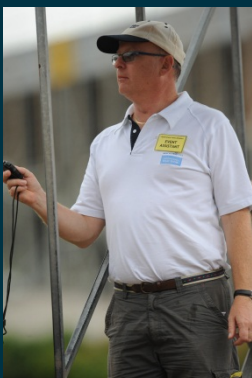
What if I make a mistake?

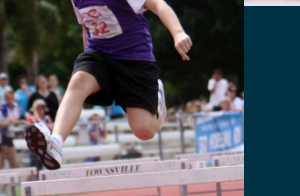
Mistakes do happen, even when experienced timekeepers are timing. Sometimes you miss the start, your stopwatch doesn't start or stop when you press the button, or confusion happens over which place each person was timing. If this happens to you:

- Don't panic
- Don't let on to the athletes that there is any problem
- Quietly let the Chief Timekeeper know and they will deal with it

What are some "Handy Tips" for timekeepers?

- Don't tell all the athletes their times at the side of the track - it slows things down.
- Hold the stopwatch in one hand with your finger on the top button (stop/ start button).
- If in a timekeepers stand, remain seated so timekeepers behind you can see.
- If standing to time keep, remain still so timekeepers behind you can see.





Who runs what distance?

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH (20cm)	BG	---	---	---	---	---	---	---	---	---	---	---
60mH (30cm)	---	BG	---	---	---	---	---	---	---	---	---	---
60mH (45cm)	---	---	BG	BG	---	---	---	---	---	---	---	---
60mH (60cm)	---	---	---	---	BG	---	---	---	---	---	---	---
80mH (60cm)	---	---	---	---	---	BG	---	---	---	---	---	---
80mH (68cm)	---	---	---	---	---	---	BG	---	---	---	---	---
80mH (76cm)	---	---	---	---	---	---	---	BG	G	---	---	---
90mH (76cm)	---	---	---	---	---	---	---	---	B	G	G	---
100mH (76cm)	---	---	---	---	---	---	---	---	---	B	B	G
110mH (76cm)	---	---	---	---	---	---	---	---	---	---	---	B
200mH (68cm)	---	---	---	---	---	---	---	BG	---	---	---	---
200mH (76cm)	---	---	---	---	---	---	---	---	BG	---	---	---
300mH (76cm)	---	---	---	---	---	---	---	---	---	BG	BG	BG

What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed. Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practice jump prior to their event.

What are some "Handy Tips" for conducting hurdles?

- When conducting hurdles on the one day/night, have higher hurdle events first, then lower hurdle events. Alternatively, conduct U13-U17 on one week and U8-U12 on the following week.
- Conduct hurdle events on the back straight to allow track events to continue on the front straight, or vice versa (if room allows)

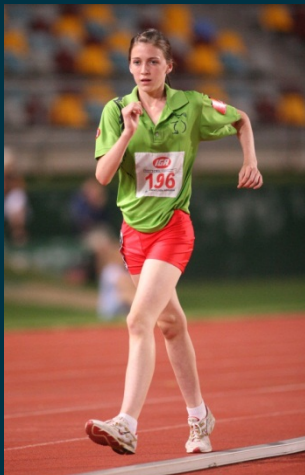
What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

- Lead leg - **straight up** (bent knee raised to chest), **straight out** (extend the leg over the hurdle), **straight down** over the hurdle (plant the foot on the other side of the hurdle).
- Trail leg - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

When can an athlete be disqualified in hurdles?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete's performance.
- If an athlete goes under or around a hurdle.
- If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.



What distance do the athletes walk?

U8	300m
U9	700m
U10, U11	1100m
U12, U13, U14, U15, U17	1500m
U14, U15, U16, U17	3000m

What are some “Handy Tips” for conducting walks?

- Conduct one race walks event per age group or combine age groups.
- Allow walkers aiming to use correct technique to use lane 1, non-competitive walkers to use lane 2.
- Allow the athletes to finish the race before disqualifying.
- Use shorter distances for athletes to gain confidence with technique.

What is the basic technique?

- Posture - have the head and body tall, shoulders parallel to the front.
- Arms - bend the arms at elbows and swing them with shoulders relaxed and low.
- Legs/feet - The basic action of the walk is a heel-toe action. The athlete lands on their heel and rolls forward on to their toe. From the time the heel hits the ground to the time the foot passes underneath the body the advancing or “lead” leg must be straight.

What is a CAUTION?

A caution is given when an athlete is “close” to breaking the rules. e.g. it looks like they might be starting to bend their knee too early. You can get a caution from each judge.

What is a RED CARD?

A Red Card is issued when an athlete has “broken” the rules. This can be for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.

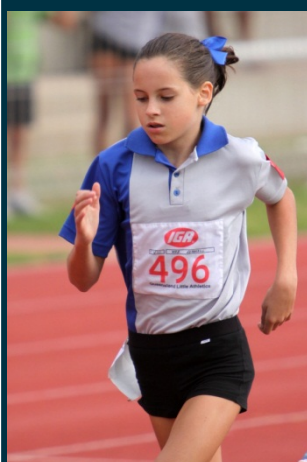
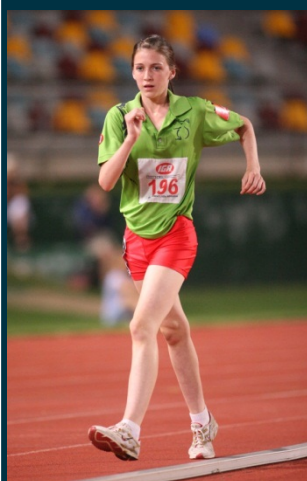
- At LAQ Carnivals and the Regional & State Championships, for U12 – U17 athletes, Race Walk Judges will not call ‘Red Card’ for relevant infringements, only written reports will be made.

When is an athlete disqualified?

If they receive a “red card” by 3 or more different walk judges.

Where do the judges stand?

- Judges spread themselves out around the outside of the track so that between them they have all areas covered i.e. divide the track up by the number of judges. and as assigned by Chief Walk Judge.
- Each judge is responsible for his/her own area. Judges cannot give cautions or red cards to any athlete for something they see outside of their area.



Walks recorder duties

- Collates the results from each of the Walks Judge slips onto the master recording sheet, noting whether the infringements are for contact (~) or knees (>).
- Circle all red card infringements on the master sheet. The total number of circled red cards should match the total number of red cards noted on all of the Walks Judge slips.
- Tally the number of red card infringements for each competitor (if any).
- Advise the Chief Walks Judge which competitors have accumulated three or more red card infringements and note 'DQ' on the master sheet.
- Staple or bind the master sheet and all judging slips together, once checked and signed by the Chief Walks judge and Track Referee before submitting to Recording.

How are cautions and red cards recorded on a Walks judging summary sheet?

- At the end of each Walks race, judges recording sheets are collected and presented to the Walks recorder.
- Red cards are recorded first for each competitor and circled.
- The total number of red cards recorded on the summary sheet must equal the total number of red cards recorded on all of the judges sheets.
- The total number of red cards for each competitor are totalled to determine if they have received a disqualification (DQ).
- The Chief Walks judge is advised which competitors have received a DQ. The Track Referee is also advised and then advises the Chief Recorder.
- Cautions for each competitor are then recorded on the summary sheet before collating with the corresponding judges sheets.

Judges		1		2		3		4		5		6		Total RC (red cards)	Action
Competitor	No.	Caution	RC	Caution	RC	Caution	RC	Caution	RC	Caution	RC	Caution	RC		
A	1	~	~		~					~	~			3	DQ
B	2		>		>	>								2	
C	3														
D	4		>	>			>							2	
E	5	~		~				~							
F	6														
G	7		>			>	>		>	>			>	4	DQ
H	8	~	~			~				~				1	
I	9														
J	10			>		>	>	>						1	
K	11			~				~							
L	12														

From the example above:

- All red cards (knees or contact) have been circled.
- Cautions are recorded, but not circled.
- Competitor A received 3 red cards and competitor G received 4 red cards. Both competitors are given a DQ result (disqualification).

What does a recorder do?

A recorder works with the Chief Judge at a field or walks event. Duties include:

- recording distances and results of competitors trials;
- checking and verifying results, ensuring recording sheets have all details correctly recorded (start and finish times, event numbers, etc);
- ensuring recording sheets have been signed by the appropriate officials (event Chief and Referee); and
- completing medal sheets (if required) for each event.

Field recorder duties

- Call each competitor for their trial in the order they are listed on the field sheet.
- Check that each competitor called is in the same order as listed in order on the recording sheet and that the bib (registration) number is also correct.
- Record distance on the field sheet, repeating the distance back to the Chief Judge (except in High Jump) to confirm it is correct.
- At the completion of competitors' trials, circle and/or highlight the best trial.
- At LAQ competitions, where applicable, calculate the final eight (8) competitors for the final round of trials and place them in inverse order.

Recording sheet symbols

The following symbols are used when recording at all Centre and LAQ competitions:

NM = No valid trial recorded (no measure)

O = Cleared (High Jump)

X = Failure / Foul

- = Pass

r = Athlete Retired

DQ = Disqualified from an event

DNS = Did Not Start

DNF = Did Not Finish

4.52 = Distance thrown or jumped (recorded to the whole centimetre below the actual distance, eg 4.528m is recorded as 4.52m)

How are heights or distances recorded in throws (Discus/Shot Put/ Javelin) and horizontal jumps (Long Jump/Triple Jump)?

- Best performances should be circled
- Ties are broken by referring to the next best jump or throw

Discus / Shot Put / Javelin

The example below uses distances from Discus.

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	24.75	X	24.62	24.75	3
B	25.53	24.29	25.99	25.99	1
C	24.75	24.53	24.57	24.75	4
D	25.53	25.98	25.88	25.98	2
E	X	16.47	X	16.47	5

Long Jump / Triple Jump

The example below uses distances from Long Jump.

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	5.75	-	5.62	5.75	4
B	6.35	5.92	6.87	6.87	2
C	5.65	5.45	5.75	5.75	3
D	6.87	6.35	6.33	6.87	1
E	X	X	X	X	NM

How are heights or distances recorded in High Jump?

- Heights are recorded at the top of each trial column
- Ties are broken by calculating the number of failures for each competitor

High Jump

Competitor	1.15	1.20	1.25	1.30	1.35	1.40	1.43	Best	Failures		Placing
									Height last cleared	All – up to & including height last cleared	
A	-	XO	O	XO	O	XXO	XXX	1.40	2	4	=2
B	O	O	O	X	XO	XXO	XXX	1.40	2	4	=2
C	O	O	X	O	XXO	XXO	XXX	1.40	2	5	4
D	O	X	O	XXO	XXO	XO	XXX	1.40	1	6	1
E	X	X	X					-			NM

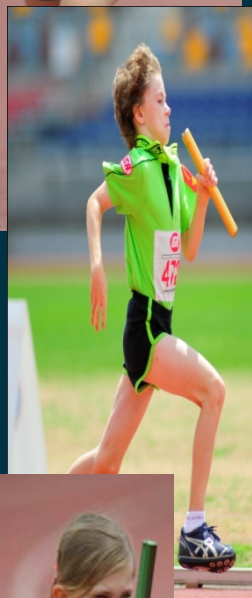
From the example above:

- All cleared 1.40m and all failed at 1.43m
- D wins with the lowest number of attempts at 1.40 (two)
- A and B are equal 2nd with 4 failures
- C is 4th with 5 failures.
- E did not record a measurable height

How to calculate top eight competitors

The following table shows how to calculate the top eight to determine order for final trials.

Competitor	Trial 1	Trial 2	Trial 3	Top 8	Trial 4	Trial 5	Trial 6	Best	Placing
A	5.75	X	5.62	1 / 8	5.80	X	5.67	5.80	7
B	6.35	5.92	6.87	6 / 3	6.37	6.15	6.28	6.87	3
C	5.65	5.45	5.75	2 / 7	5.68	X	5.52	5.75	8
D	6.88	6.35	6.33	7 / 2	6.89	6.42	6.34	6.89	2
E	X	X	X						
F	5.25	5.45	5.60					5.60	9
G	5.96	6.01	6.08	4 / 5	6.10	X	X	6.10	6
H	X	5.25	5.48	5 / 4				5.48	10
I	6.23	6.37	6.17	3 / 6	6.49	6.35	X	6.49	4
J	5.94	5.99	5.92	8 / 1	6.12	5.97	6.03	6.12	5
K	6.93	6.87	6.98		6.92	6.88	7.01	7.01	1



All track relay events require four (4) athletes.

What are the different types of relays?

- Shuttle Relay - (standard event for U6 – U8) - 4 athletes line up opposite one another. The first person at one end starts with the baton, runs to the other end and passes it to the first runner there. They continue back and forth etc.
- Circular Relay - 4x100m, 4x200m 4 x Swedish and 4 x Medley. Each leg of a circular relay is placed around the track. The Swedish consists of 100, 300, 200 & 400m around the track. The Medley consists of 2 legs of 200m, 1 of 400m and 1 of 800m around the track.

What are the different passing techniques?

- Shuttle Relay - the baton is held vertically at the bottom. It is received at chest level with the receiver's arms outstretched and their hands creating the shape of a butterfly.
- Circular Relay - Non visual downward pass. This is the safest pass. The receiver has their arm outstretched behind them with their palm facing up and thumb towards the midline of the body. The incoming runner then places the baton downwards into the receiver's hand.

Where must the baton be passed?

For Circular Relays, there is a "30m take-over zone" in which the baton must be passed. There is no acceleration zone for Relays.

What happens if the baton is dropped during the change?

- If the baton is dropped, the athlete who dropped it must pick it up.
 - Athletes may leave their lane to do this as long as they do not interfere with any of the other runners on the track.
- Once the baton has been retrieved, the athlete can return to their lane and continue with the race. Provided this is done within the change-over zone, there will be no disqualification.

When will a team be disqualified?

- If the baton is thrown between runners.
- If the baton is not carried by hand the whole way.
- If an athlete interferes with any other competitors.
- If the baton is not changed in the "30m change-over zone"
- If athlete runs on or over their inside lane line.