

Rules for High Jump

Define area for coaches and competitors. Spectators must remain in the stands (parents).

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have a warm-up trial to test their readiness.
2. Advise competitors the start time of official warm up, the number of warm up jumps and jump in order on the event sheet. Read out order.

Competition Procedures

The height at which the bar should be set for warm up jumps and subsequent heights in competition should be listed below.

1. A competitor may enter the competition at any height they choose. They may also choose to “pass” any height but are only credited with the last height cleared.
2. A competitor is entitled to three tries at any height. Three consecutive misses eliminate a competitor.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. Failures (violations):
 - a. Taking off with both feet.
 - b. Knocking the bar off. Be sure the foam filled pits do not jar the uprights and cause the bar to fall.
 - c. Touching the ground beyond the plane of the uprights without previously clearing the bar (hand or feet must not pass through the plane of the uprights to touch the port-a-pits.)
3. Resolving Ties. Follow the tie breaking criteria outlined below.
 - a. The competitor with the fewer number of trial jumps at the height at which the tie occurs shall be declared the winner.
 - b. If the tie remains, the competitor with the fewest number of failures throughout the competition shall be declared the winner.
 - c. If the tie remains, and if it concerns the first place, an additional trial at the height failed shall be allowed, and if not resolved, the bar shall be lowered to the previous height cleared and one more trial allowed. The bar shall then be raised or lowered until the tie is decided.

If the tie does not concern first place, the competitors trying shall not jump off but shall be given the same place in the competition and shall split the points awarded to that and the next lowest place.

Athletes Leaving for Track Event

1. The bar will NOT be lowered for the athlete when they return from another event.
2. Have the athlete go to track event, check in with the Marshall, and have them come back -- but they should keep an eye on what is going on the track so they can leave prior to their race on the track.
3. Track events alternate Female/Male so you can tell what event is on the track.

Awards / Clean Up

1. Escort the three top finishers to the Awards Stand for presentation.
2. Upon completion of the event or session, please supervise and assist the return of all equipment to its proper storage area.

Raising High Jump Bar Progression

			<u>City Record</u>
Girls:	Intermediate	- start at 1.20 ... by 5 cm to 1.50, then by 2 cm	1.61 m (1986)
	Junior	- start at 1.20 then 1.30... by 5 cm to 1.55, then by 2 cm	1.70 m (1980)
	Senior	- start at 1.20 then 1.30... by 5 cm to 1.55, then by 2 cm	1.65 m (1969 / 1981)
Boys:	Intermediate	- start at 1.35 then 150 ... by 5 cm to 1.70, then by 3 cm to 1.79, then by 2 cm	1.85 m (2005)
	Junior	- start at 1.40 then 1.55 ... by 5 cm to 1.80, then by 3 cm to 1.89, then by 2 cm	1.95 m (1985)
	Senior	- start at 1.40 then 1.55 ... by 5 cm to 1.85, then by 3 cm to 1.91, then by 2 cm	2.05 m (2005)

Rules for Long and Triple Jump

Define area for Coaches. All spectators (Parents) must be in the stands.

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have warm-up trials to test their readiness.
2. Advise competitors the start time of official warm up, the number of warm up jumps and jump in order on the event sheet. Read out order.

Competition Procedures

1. Competitors shall be given **one** practice jump. Competitors will be given **three** jumps in competition. The top **eight** shall be given **three** additional tries. Ties for 8th place shall be broken, refer to the second (or third) best jumps between tied jumps.

Athletes Leaving for Track Event

Allow them to do 2 performances even if they are both during the first round of competition. Then they should be able to make it back for round 3. If they are not back, check the track and see what event is being run to give them ample time to return before moving onto the final. If they are called away during the final 8, they should also be allowed their 3 extra trials provided they are back at the event prior to its completion (last jumper has finished). Track events alternate Female/Male so you can tell what event is on the track.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. Once an athlete's name is called, they have one (1) minute per attempt. Athletes may balk any number of times during his/her time limit.
3. Marks for indicating the start of the run up must be outside the runway.
4. Jump must be made from the board or before the take off-line. It is recorded as a trial if a jumper crosses the take-off board, or the line extended even if her/she does not jump
5. The jump is recorded as a failure if in landing the jumper falls backward out of the pit i.e. behind his/her mark in the pit. Jumper must NOT walk back through the pit but must exit in the pit in a forward direction.
6. A jumper is credited with his/her best jump for order of standings. In the event of a tie refer to the second (or third) best jump between jumpers tied.
7. In Triple Jump the proper order, "hop, step, jump" must be observed. The free or "sleeping" leg must not touch the ground in the hop phase.
8. Triple Jump Board/Take Off Lines: Girls: 5 m, 7m, 9m. Boys: 7m , 9 m, 11 m.

Measurement

1. The measuring tape is read at the take-off board with the zero end of the tape held at the closest mark made in the pit by the landing of the jumper (foot, hand, or seat).
2. Record measurement to the completed 1-cm distance.

Reading the Tape

1. If Same Person Reading and Recording
 - a. Check the Meters first, then the Centimeters
 - b. Record the Number
2. If ONE Person Reading Tape and 1 Person Recording Data
 - a. Person Reading Tape – check meters first, then centimeters.
 - i. Read numbers out: (5.18 m) FIVE – ONE – EIGHT
 - b. Person Recording – record the number and read back to person: FIVE – ONE - EIGHT

Awards/Clean Up

1. Escort the three top finishers to the awards stand for presentations.
2. Return all equipment to its storage place after each session or upon completion of the event.

Rules for Shot Put

Define area for Coaches and competitors. All spectators must be in the stands. Please keep competitors safely behind the throwing area.

Be sure to have one of your most experienced officials calling faults and holding the tape where the shot landed.

Implements

- IG use a 3 kg shot. JG, SG, and IB use a 4 kilogram shot (8-lbs. 14 oz). Junior and Senior boys use the 12 lbs. shot.
- Throwing Sectors are set out at 34.92 degrees.

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have warm up trials to test their readiness. Watch athletes in warm-up and let them know if they are faulting.
2. Advise competitors the start time of official warm up, the number of warm up throws and that throws will be done in the order on the event sheet. Read out order.

Competition Procedures

1. Allow each competitor one practice throw. Three competition throws. Top eight receive three additional throws.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. Competitors should be advised that the shot must be 'put' and not thrown.
3. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be near the neck/chin and the hand shall not be dropped below this position during the action of putting. The shot must not be brought behind the line of the shoulders, resulting in a throwing action.
4. No tape on hand or fingers.
5. Competitor must not step on the ring or on the top of the toe board. Toes may be jammed against the inside edge of toe board or ring.
6. Competitors may enter the circle from anywhere but must leave the ring from the rear half, under control, after the shot has landed.

Athletes Leaving for Track Event

Allow them to do 2 performances even if they are both during the first round of competition. Then they should be able to make it back for round 3. If they are not back, check the track and see what event is being run to give them ample time to return before moving onto the final. If they are called away during the final 8, they should also be allowed their 3 extra trials provided they are back at the event prior to its completion (the last jumper has finished). Track events alternate Female/Male so you can tell what event is on the track.

Measurement

1. The shot must land within (not on) the sector lines.
2. Measurement is made so that the zero end of the tape is at the divot (mark) and the reading is taken on the inside edge of the toe board with tape extended through the center of the circle.
3. Record to the nearest completed one centimeter.
4. In the event of a tie, use the second-best distance recorded to break the tie.

Reading the Tape

1. If Same Person Reading and Recording
 - a. Check the Meters first, then the Centimeters
 - b. Record the Number
2. If ONE Person Reading Tape and 1 Person Recording Data
 - a. Person Reading Tape – check meters first, then centimeters.
 - i. Read numbers out: (5.18 m) FIVE – ONE – EIGHT
 - b. Person Recording – record the number and read back to person: FIVE – ONE - EIGHT

Awards/Clean Up

1. Escort the three top finishers to the awards stand for presentations.
2. Return all equipment to its storage place after each session or upon completion of the event.

Rules for Discus

Define area for Coaches and Spectators (Parents). If they are bothering you, define the Spectator/Coaches Area (behind the fence) Be sure to have one of your most experienced officials marking where the discus landed, and make sure they know the rules below. Accurate marking of the discus landing point is crucial.

Implements

- Intermediate, junior, senior girls use the small discus (1 kg).
- Intermediate boys use the small 1 kg discus.
- Junior and senior boys use the largest discus, 1.6 kg.
- Throwing sectors are set out at 34.92 degrees.

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have warm up trials to test their readiness.
2. Advise competitors the start time of official warm-up, the number of warm up throws and that throws will be done in the order on the event sheet. Read out order.

Competition Procedures

1. Allow each competitor one practice throw. Each thrower receives three competition throws. Top eight receive three additional throws.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. No tape on hand or fingers.
3. The thrower may not step on or over the throwing circle otherwise it is considered a foul or failure.
4. To be a legal throw the discus must fall within the sector (not on the sector line). If the discus lands on the edge inside the sector line and then flips onto the line, it counts as a legal throw.
5. The competitor may enter the circle from anywhere.
6. Competitors may not step on or outside the ring. Toes may be jammed against the inside edge of the ring.
7. The competitor is required to leave the circle from the rear half, under control, after the discus has landed.

Athletes Leaving for Track Event

Allow them to do 2 performances even if they are both during the first round of competition. Then they should be able to make it back for round 3. If they are not back, check the track and see what event is being run to give them ample time to return before moving onto the final. If they are called away during the final 8, they should also be allowed their 3 extra trials provided they are back at the event prior to its completion (last jumper has finished). Track events alternate Female/Male so you can tell what event is on the track.

Measurement

Measure each throw with the tape held so that the zero end is at the landing point of the implement back to the circle or throwing line. Record to the nearest completed one centimeter.

Read from the inside edge of the ring with tape extended through the center of the circle.

The field judge will have to be alert, to spot the landing of the discus. Try to find a mark made by the implement for the point nearest the circle for measuring. If the discus lands on the edge, you will measure from the spot where the edge hit.

Have an assistant carry the implement back. Please do not allow it to be thrown back.

Reading the Tape

1. If Same Person Reading and Recording
 - a. Check the Meters first, then the Centimeters
 - b. Record the Number
2. If ONE Person Reading Tape and 1 Person Recording Data
 - a. Person Reading Tape – check meters first, then centimeters.
 - i. Read numbers out: (5.18 m) FIVE – ONE – EIGHT
 - b. Person Recording – record the number and read back to person: FIVE – ONE - EIGHT

Awards/Clean Up

1. Escort the three top finishers to the awards stand for presentations.
2. Return all equipment to its storage place after each session or upon completion of the event.

Rules for Javelin

Define area for Coaches and Spectators and Parents -behind the fence. Have one of your most experienced officials be in charge of spotting where the javelin landed and if it landed tip first.

Implements/Sectors

- Intermediate junior senior girls 600-gram javelin. Intermediate boys 600-gram javelin
- Junior and senior boys 800-gram javelin
- Throwing sectors are set out 34.92 degrees

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have warm up trials to test their readiness.
2. Advise competitors the start time of official warm-up, the number of warm up throws and they will throw in the order on the event sheet. Read out order.

Competition Procedures

1. Allow each competitor one practice throw in order on the recording sheet.
2. Each competitor receives three competition throws.
3. Top eight receive three additional throws.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. No tape on hand or fingers
3. Proper entrance and exit from the runway is required to enter and leave the runway without walking out the front.
4. The throw must be initiated within the runway.
5. Thrower may not step on or over the front line, otherwise, it is considered a foul or failure.
6. To be a legal throw, the javelin must fall within the sector (not on the line or outside the sector line). Javelin is required to land point/tip first and must mark the ground but need not stick to be legal. The judge in the sector must be very alert to watch the javelin strike the ground.
7. Athletes can't leave the runway until the implement has landed.

Athletes Leaving for Track Event

Allow them to do 2 performances even if they are both during the first round of competition. Then they should be able to make it back for round 3. If they are not back, check the track and see what event is being run to give them ample time to return before moving onto the final. If they are called away during the final 8, they should also be allowed their 3 extra trials provided they are back at the event prior to its completion (last jumper has finished). Track events alternate Female/Male so you can tell what event is on the track.

Measurement

1. Measure each throw with the tape held so that the zero end is at the landing point of the implement back to the circle or throwing line.
2. Record to the nearest completed ONE centimeter.
3. Measure from landing mark back to throwing line, with tape pulled back through the center mark on runway. Tape should not be twisted.
4. Have an assistant carry the implement back. Please do not allow it to be thrown back.

Reading the Tape

1. If Same Person Reading and Recording
 - a. Check the Meters first, then the Centimeters
 - b. Record the Number
2. If ONE Person Reading Tape and 1 Person Recording Data
 - a. Person Reading Tape – check meters first, then centimeters.
 - i. Read numbers out: (5.18 m) FIVE – ONE – EIGHT
 - b. Person Recording – record the number and read back to person: FIVE – ONE - EIGHT

Awards/Clean Up

1. Escort the three top finishers to the awards stand for presentations.
2. Return all equipment to its storage place after each session or upon completion of the event.

Rules for Pole Vault

Define area for coaches and competitors. Spectators (parents) must remain in the stands.

Warm Up Procedures

1. Advise competitors the length of time for pre warm-up. Pre warm up allows competitors time to measure their approach and to have warm up trials to test their readiness.
2. Advise competitors the start time of official warm-up, the number of warm up throws and that throws will be done in the order on the event sheet. Read out order.

Competition Procedures

1. The suggested heights for raising the bar are on the event sheet or clipboard.
2. Competitors may start at the height of their choice and pass subsequent heights. However, they are only credited with the height cleared.
3. A competitor is entitled to three tries at any height. Three consecutive misses eliminated a competitor.

Competition Rules

1. Athletes are expected to always use acceptable language.
2. The following are recorded as a failure:
 - a. To leave the ground with both feet in an attempt to vault and not clear the bar.
 - b. To strike the vaulting pit with the pole through the uprights or to touch the pit with hand or foot beyond the plane of the vaulting box.
 - c. To dislodge the bar causing it to fall when attempting a jump.
3. A competitor is permitted to request the movement of the uprights forward or back, not more than 40 cm in the direction of the runway and not more than 80 cm to the landing area. The competitor shall inform the official before competition starts and that position should be recorded.
4. Competitors are required to use their own vaulting pole unless permission is given to use another competitor's pole. SSSAD will not pay for broken poles. A school is responsible if their vaulter breaks a pole
5. If in an attempt the competitor's pole is broken it shall not count as a failure. Athletes are permitted during competition to place a substance on their hands or on the pole in order to obtain a better grip. No tape on hands or fingers.

Athletes Leaving for Track Event

1. The bar will NOT be lowered for the athlete when they return from another event.
2. Have the athlete go to track event, check in with Marshall, and have them come back -- but they should keep an eye on what is going on the track so they can leave prior to their race on the track.
3. Track events alternate Female/Male so you can tell what event is on the track.

Awards / Clean Up

1. Escort the three top finishers to the awards stand for presentations.
2. Upon completion of the event or session, please supervise and assist the return of all equipment to its proper storage area.

Rules for Pole Vault

Measurement

1. Resolving ties. Follow the tie breaking criteria outlined below.
 - a. The competitor with the fewer number of trial jumps at the height at which the tie occurs shall be declared the winner.
 - b. If the tie remains, the competitor with the fewest number of failures throughout the competition shall be declared the winner. (Do not go to total tries)
 - c. If the tie remains, and if it concerns the first place, an additional trial at the height failed shall be allowed, and if not resolved, the bar shall be lowered to the previous height cleared and one more trial allowed. The bar shall then be raised or lowered until the tie is decided.
2. If the tie does not concern the first place, the competitors tying shall not jump off but shall be given the same place in the competition and shall split the points awarded to that and the next lowest place.

Reading the Tape

1. If Same Person Reading and Recording
 - a. Check the Meters first, then the Centimeters
 - b. Record the Number
2. If ONE Person Reading Tape and 1 Person Recording Data
 - a. Person Reading Tape – check meters first, then centimeters.
 - i. Read numbers out: (5.18 m) FIVE – ONE – EIGHT
 - b. Person Recording – record the number and read back to person: FIVE – ONE - EIGHT

Raising Pole Vault Bar Progression

City Record

Boys:

Intermediate	Start at 1.80 (6') by 15 cm to 2.70 (8'10") then by 5 or 10 cm as optioned by remaining jumpers	3.70 m	(2003)
Junior	Start at 2.15 (7') by 15 cm to 2.90 (9'6") then by 5 or 10 cm as optioned by remaining jumpers	4.29 m	(2004)
Senior	Start at 2.45 (8') by 15 cm to 3.05 (10') then by 5 or 10 cm as optioned by remaining jumpers	4.46 m	(2005)

Girls:

All categories	Start at 1.50 cm by 20 cm to 2.00 then by 10 cm to completions	Intermediate	3.00 m	(2000)
		Junior	3.50 m	(2003)
		Senior	3.80 m	(2003)

General Instructions to Officials

Thank you for Officiating. Your Assistance Is Appreciated

Define area for Coaches and Spectators (Parents). IF they are bothering you, define the Spectator/Coaches Area (behind the fence)

1. Please read through the warm-up procedures, competition procedures, competition rules and measurements. If you have any questions regarding procedures, before setting up the event, please ask the Meet Director or Track Commissioner
2. Pick up all necessary equipment (measuring tapes, clipboards, implements, etc.) before proceeding to event site.
NOTE: DO NOT ALLOW equipment to be used UNSUPERVISED
Example: throwing implements.
Return all equipment upon completion of the event for.
3. In throws and jumps (long and triple) allow competitors time to measure their approach and to have a warm-up trial to test their readiness.
4. **Athletes Leaving for Track Event**
Allow them to do 2 performances even if they are both during the first round of competition. Then they should be able to make it back for round 3. If they are not back, check the track and see what event is being run to give them ample time to return before moving onto the final. If they are called away during the final 8, they should also be allowed their 3 extra trials provided they are back at the event prior to its completion (last jumper has finished). Track events alternate Female/Male so you can tell what event is on the track.
5. Competitors should be given
 - a. **one** practice attempt
 - b. plus **three** tries in competition.
 - c. The top **eight** shall be given **three** additional tries.
 - d. Any competitors tied for 8th place shall advance to the final 3 tries.
6. Please note the record prior to starting the competition. If the record is exceeded, re-check the measurement carefully. The Field Event Referee must confirm the new mark.
7. Complete the summary of placings at the bottom of the event sheet and return the sheet to the meet results center - upstairs in the photo finish room).
8. Escort the three top finishers to the awards stand for presentations.
9. Return all equipment to its storage place after each session or completion of the event.