

Officials Briefing For Field Events

LONG JUMP

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the run-up is firm and free from obstruction.
- 2 Check that the take off board is clearly visible to all competitors.
- 3 Make sure that the competitors know which board to take off from.
- 4 Make sure that any marking system for showing no-jumps is operative and ready.
- 5 It shall be counted as a failure if any competitor touches the ground beyond the take-off line or take-off line extended, with any part of the body, whether running up or jumping or in the act of jumping.
- 6 Check that the sand is free from dangerous objects. There should be no markers in the sand.
- 7 Check that the sand is raked flat, with soft sand of a suitable depth.
- 8 Remove all previous marks before the next competitor starts.
- 9 Make sure all athletes are wearing the correct spikes/footwear before the competition starts.
- 10 Allow the competitors practice jumps before the competition starts.
- 11 Competitors are allowed to mark their start beside the runway providing it does not obstruct.
- 12 Make sure the competitors know the order in which they are to jump.
- 13 Make sure that they all know which round of the competition you are judging.
- 14 Before calling a competitor to jump, check that the rake is well away from the pit with the tines pointing downwards towards the ground.
- 15 Stand an official in such a position as to be able to competently judge the take-off board.
- 16 Stand in such a position as to observe the whole of the jump, including the run-up, to determine whether the jump is legal. (Obstruction on the runway is quite common).
- 17 The official has the right to permit a re-jump where a competitor has been unfairly obstructed.
- 18 Measure the jump with the end of the tape at the point of contact (nearest the board) with the sand and the other end of the tape running straight back over the board at a right angle. One official should stand upon the board to a) accurately measure the jump, and b) to prevent the next athlete jumping too early.
- 19 The pit should be raked after every jump.
- 20 The winner is the athlete whose jump covers the greatest distance between the front edge of the board and the nearest point of contact.
- 21 In the event of a tie for this position then the next longest jump will decide the positions, and so on until all jumps have been taken into account. If they all match then a tie is declared.

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TRIPLE JUMP

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the run-up is firm and free from obstruction.
- 2 Check that the take-off board is clearly visible to all competitors.
- 3 Make sure that the competitors know which board to take-off from.
- 4 Make sure that any marking system for showing no-jumps is operative and ready.
- 5 It shall be counted as a failure if any competitor touches the ground beyond the take-off line or take-off line extended, with any part of the body, whether running up or jumping or in the act of jumping.
- 6 Check that the sand is free from dangerous objects. There should be no markers in the sand.
- 7 Check that the sand is raked flat, with soft sand of a suitable depth.
- 8 Remove all previous marks before the next competitor starts.
- 9 Make sure all athletes are wearing the correct spikes/footwear before the competition starts.
- 10 Allow the competitors practice jumps before the competition starts.
- 11 A jump must consist of a hop, (same foot to same foot), followed by a step, (same foot to alternate foot) and completed with a jump, (single foot to both feet).
- 12 Competitors are allowed to mark their start beside the runway providing it does not obstruct.
- 13 Make sure the competitors know the order in which they are to jump.
- 14 Make sure that they all know which round of the competition you are judging.
- 15 Before calling a competitor to jump, check that the rake is well away from the pit with the tines pointing downwards towards the ground.
- 16 Stand an official in such a position as to be able to competently judge the take-off board.
- 17 Stand in such a position as to observe the whole of the jump, including the run-up, to determine whether the jump is legal. (Obstruction on the runway is quite common).
- 18 The official has the right to permit a re-jump where a competitor has been unfairly obstructed.
- 19 Measure the jump with the end of the tape at the point of contact (nearest the board) with the sand and the other end of the tape running straight back over the board at a right angle. One official should stand upon the board to a) accurately measure the jump, and b) to prevent the next athlete jumping too early.
- 20 The pit should be raked after every jump.
- 21 The winner is the athlete whose jump covers the greatest distance between the front edge of the board and the nearest point of contact.
- 22 In the event of a tie for this position then the next longest jump will decide the positions, and so on until all jumps have been taken into account. If they all match then a tie is declared

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SHOT PUT

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the circle is firm and free from obstruction. Make sure the competitors know that they should not be in front of it at any point in the competition.
- 2 Check that the sector is clearly marked to all competitors and spectators. Be vigilant for anyone who may inadvertently wander into it.
- 3 Check that the landing area is free from obstruction and that all markers used are clearly visible.
- 4 Make sure that all athletes are wearing the correct footwear for the event.
- 5 Check you are using the right weight shot. All competitors must use the competition shots. Allow competitors practice throws before the competition starts.
- 6 A put must consist of a push and drive from the neck. At no time is the driving arm permitted to drop away from the neck and clear air be visible. An official must be positioned so as to observe this phase of the throw.
- 7 A competitor must enter and leave by the rear half of the circle. If any part of the body makes contact with the ground outside the circle then the throw is not allowed.
- 8 If a competitor is "straying" towards the edge of the sector, warn them to adjust their throwing point. In the interests of safety, do not let a competitor continue in the competition if they are posing a possible risk to themselves by "reckless" throwing in an uncontrolled manner.
- 9 Make sure the competitors know the order in which they are to throw.
- 10 Make sure they all know which round of the competition you are judging.
- 11 Before calling a competitor to throw, check that the sector is clear.
- 12 Stand in such a position as to observe the whole throw, including the entry and exit, to determine whether the throw is legal.
- 13 Measure the distance of the shot landing with the end of the tape upon the ground at the rear of the mark or indent made by the shot and the other end of the tape running straight through the centre of the circle. The distance is read off to the nearest centimetre below at the inside of the stop board. One official should stand at the front of the circle to prevent the next athlete throwing too early.
- 14 The official at the landing end of the throw should keep well clear. The official must watch very carefully to determine the correct fall of shot as two marks often get confused. When removing the shot from the sector, make sure that they are carried back to the circle. They should never be thrown or rolled back.
- 15 The winner is the athlete whose throw reaches the greatest length.
- 16 In the event of a tie for this position then the next longest length will decide the positions, and so on until all the throws have been taken into account. If they all match then a tie is declared.
- 17 Brief the competitors about safe handling of the shots. Collect the shots from the storage place just before the competition and replace them as soon as the competition is over. At all times, shots must be under the direct control of an adult.

Officials Briefing For Field Events

DISCUS

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the circle is firm and free from obstruction. Make sure the cage is safe and free from obstruction. Make sure that the competitors know that they should not be in front of it at any point in the competition. When waiting to throw, they must always be behind the cage and instructed to watch the thrower.
- 2 Check that the sector is clearly marked to all competitors and spectators. Be vigilant for anyone who may inadvertently wander into it.
- 3 Check that the landing area is free from obstruction and that all markers used are clearly visible.
- 4 Make sure that all athletes are wearing the correct footwear for the event.
- 5 Check you are using the right weight discus and are throwing from the right circle. All competitors must use the competition discus. Allow competitors practice throws before the competition starts.
- 6 A throw must consist of a rotary motion and drive from the hips through the arc of the shoulder line.
- 7 A competitor must enter and leave by the rear half of the circle. If any part of the body makes contact with the ground outside the front portion of the circle then the throw is not allowed. The front foot may butt against the stop board but may not rest upon it at any time.
- 8 If a competitor is "straying" towards the edge of the sector, warn them to adjust their throwing point. In the interests of safety, do not let a competitor continue in the competition if they are posing a possible risk to themselves by "reckless" throwing in an uncontrolled manner.
- 9 Make sure the competitors know the order in which they are to throw.
- 10 Make sure they all know which round of the competition you are judging.
- 11 Before calling a competitor to throw, check that the sector is clear.
- 12 Stand in such a position as to observe the whole throw, including the entry and exit, to determine whether the throw is legal.
- 13 Measure the distance of the discus landing with the end of the tape upon the ground at the rear of the mark or indent made by the discus and the other end of the tape running straight through the centre of the circle. The distance is read off to the nearest centimetre below at the inside of the stop board. One official should stand at the front of the circle to prevent the next athlete throwing too early.
- 14 The official at the landing end of the throw should keep well clear. The official must watch very carefully to determine the correct fall of shot as two marks often get confused. When removing the discus from the sector, make sure that they are carried back to the circle. They should never be thrown or rolled back.
- 15 The winner is the athlete whose throw reaches the greatest length.
- 16 In the event of a tie for this position then the next longest length will decide the positions, and so on until all the throws have been taken into account. If they all match then a tie is declared.
- 17 Brief the competitors about safe handling of the discus, and warn them about the rebound dangers from the cage in a miss-throw. Collect the discus from the storage place just before the competition and replace them as soon as the competition is over. At all times, the discuses must be under the direct control of an adult.

National Preparatory Schools Athletics

Officials Briefing For Field Events

JAVELIN

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the runway is firm and free from obstruction. Make sure that the competitors know where the "scratch line" is and that they should not be in front of it at any point in the competition.
- 2 Check that the sector is clearly marked to all competitors and spectators. Be vigilant for anyone who may inadvertently wander into it.
- 3 Check that the landing area is free from obstruction and that all markers used are clearly visible.
- 4 Make sure that all athletes are wearing the correct footwear for the event.
- 5 Check you are using the right weight javelin. All competitors must use the competition javelins. Allow competitors practice throws before the competition starts.
- 6 The javelin must be thrown over the shoulder or upper part of the throwing arm, and must not be slung or hurled.
- 7 A competitor must not handle any javelin without express permission. When named and called forwards to throw, the hooter or similar phonic signal will indicate the thrower is cleared to throw.
- 8 If any part of the body makes contact with the ground beyond the "scratch line" then the throw is not allowed.
- 9 The javelin must land point first upon landing for the throw to score.
- 10 If a competitor is "straying" towards the edge of the sector, warn them to adjust their throwing point. In the interest of safety, do not let a competitor continue in the competition if they are posing a threat to themselves and others by throwing in a reckless manner.
- 11 Make sure the competitors know the order in which they are to throw.
- 12 Make sure they all know which round of the competition you are judging.
- 13 Before calling a competitor to throw, check that the sector is clear.
- 14 One official must stand in such a position as to, a) determine whether the foot has breached the "scratch line" b) accurately measure the throw, and c) prevent the next athlete from throwing too early.
- 15 Measure the distance of the javelins' landing with the end of the tape upon the ground at the rear of the mark or indent made by the javelin and the other end of the tape running straight through the centre of the mark in the middle of the runway. The distance is read off to the nearest centimetre below at the inside of the "scratch line".
- 16 The official at the landing end of the throw should keep well clear. The official must watch very carefully and retrieve the javelin by returning it to an upright position. When removing the javelin from the sector, make sure that they are carried back to the runway in an upright position. They should never be thrown back.
- 17 The winner is the athlete whose throw reaches the greatest length.
- 18 In the event of a tie for this position then the next longest length will decide the positions, and so on until all the throws have been taken into account. If they all match then a tie is declared.
- 19 Brief the competitors about safe handling of the javelin. Collect the javelin from the storage place just before the competition and replace them as soon as the competition is over. At all times, the javelin must be under the direct control of an adult.

Officials Briefing For Field Events

HIGH JUMP

In order to make the competition as safe as possible, please read this briefing before you start your event and follow the instructions carefully.

- 1 Check that the run-up is firm and free from obstruction.
- 2 Check that the lath/bar is clearly visible to all competitors. Check that the lath has no splits and /or blemishes which could cause injury.
- 3 Make sure that the competitors know which side to take off from.
- 4 Check that the landing mat is free from dangerous objects. There should be no tears in the cover. There should be no gaps between the modules of the landing area. Check that the area around the landing area is clear of objects and that the base of the uprights does not protrude beyond the front of the landing area mats.
- 5 Make sure that all athletes are wearing the correct spikes/footwear for the event.
- 6 Allow competitors practice jumps before the competition starts.
- 7 A jump must consist of a lift, (either foot is permitted but only off one foot). A two-footed take-off is classified as a dive and is illegal.
- 8 If the competitor runs up but does not attempt to jump, they may take that attempt again. No part of the jumpers' body may break the line of the bar: to do so would constitute a failed attempt.
- 9 Competitors are allowed to mark their start point upon the perimeter of the take-off area providing it does not obstruct.
- 10 If a competitor is "straying" towards the edge of the landing area, warn them to adjust their take-off point. In the interests of safety, do not let a competitor continue if they are posing a possible risk to themselves by "reckless" jumping in an uncontrolled manner.
- 11 Make sure the competitors know the order in which they are to jump.
- 12 Make sure that they all know which round of the competition you are judging.
- 13 Before calling a competitor to jump, check that the landing area mat is reformed, that the lath has been replaced properly and it is not moving.
- 14 Stand an official in such a position as to be able to competently judge the take-off point.
- 15 Stand in such a position as to observe the whole of the jump, including the run-up, to determine whether the jump is legal. (Obstruction on the runway is quite common).
- 16 The official has the right to permit a re-jump where a competitor has been unfairly obstructed.
- 17 Each athlete is permitted a maximum of three attempts at each height.
- 18 Measure the height of the lath with the end of the tape upon the ground at the centre of the lath and the other end running straight up to the centre of the top of the lath.
- 19 The winner is the athlete whose jump reaches the greatest height.
- 20 In the event of a tie for this position then the next highest jump (in sequence) will decide the positions, and so on until all jumps have been taken into account. If they all match then a jump off ensues.