DISCUS

SAFETY TIPS:

- Athletes and Parents must sit/stand behind the line adjacent to the ring while waiting for their turn
- Athletes must not be touching any of the equipment
- Athletes must not hold onto the cage
- Parents must carry the discus back to the cage, not roll it

AGC + PARENT HELPERS:

- The Recorder must sit behind the line too
- The spiker must stand on the edge of the sector line, NO CHILDREN OR ATHLETES are allowed with the spiker
- Ideally the AGC should be supervising and overseeing the event, ensuring the helpers are carrying out their jobs correctly and be available to help athletes. If need be, the AGC should be the measurer or recorder.
- The measurer should stand outside the cage and observe the footing of the athlete to ensure a valid through.
- The Discus requires a minimum of 4 parents to help out, a Recorder to record the athletes' throw, a Spiker to spike where the discus has landed, a Measurer to measure the length of the throw, and a Retriever to bring the Discus back to the cage.
- Check bin/bucket for correct weights:
    - U6-7 350gm
    - U8-11 500gm
    - U12-13 750gm
    - U14-16 1.0kg

TIPS FOR ATHLETES:

- Athletes should stand sideways with their preferred/throwing arm behind them
- Athletes' shoelaces should be in line with the sector lane
- Athletes should have their legs apart, at shoulders width
- Athletes should swing their throwing arm up and release the Discus on an upwards angle.
- Athletes should have their foot a little back from the edge of the ring so the chance of an over step is unlikely
- Ultimately, there is no rule as to how an athlete must hold the discus, give advice but any grip is legal.

GENERAL RULES:

- Athletes must exit from the BACK of the ring, otherwise throw is a NO THROW (NT)
- For simplicity, we ask athletes to both enter and exit from the back of the ring.
- Athletes must not step out of the ring while throwing, otherwise it is a No Throw.
- Athletes must not exit the ring until the Discus has landed
- The Discus must first make contact with the ground INSIDE the sector lines. If it lands on the line or outside the line, it is a No Throw
- If the discus hits the cage and lands inside the sector lines, it is still a valid through
- The spiker must place the spike at the front edge of the imprint where the discus first touched the ground
- The measurer needs to pull the tape to the middle of the circle (a small red dot marks the middle) and then read the measurement where the tape crosses the inner edge of the circle.
- The result is not 'rounded up' so a throw of 11m 55.8 cm is not rounded up to 11m 56cm. It is recorded as 11m 55cm.

TRIPLE JUMP

SAFETY TIPS:

- Before beginning the event, make sure the sand pit has been carefully dug over to loosen sand. Also ensure sand has been levelled to that of the runway and any debris has been removed. This should be done at Set up but you still need to check.
- Sand that has not been turned over not only may have dangerous debris but is also very firm and dangerous for athletes to be landing in
- Rake the sand pit and sweep the runway free of sand
- Athletes should be waiting for their turn alongside the runway but not on it. Watch for feet sticking out etc
- If using a mat make sure the distance from the pit is at least 500mm
- Use the large red cone to show the runway is closed while raking, sweeping and measuring is taking place

AGC + PARENT HELPERS:

- You will need a minimum of 4 helpers.
- You will need someone to spike, someone to rake, a recorder and someone to measure.
- Ideally you will have someone else to ensure the runway is clear of sand and to be the sweeper when needed, and someone else to help call up the next athlete (especially if there is a long line of athletes who possibly can't hear the recorder calling their name)
- It is helpful to give athletes a practice jump to test out their run up
- For athletes who do not have a particular run up start, place a cone on the edge of the runway as a reference point. Generally, the number of strides for a run up is relative to their age group, give or take 1 or 2. For example, an under 13 needs about 13-15 strides for their run up.
- For triple jump athletes must have a practice run up. For those unsure of their take off board distance this is imperative.
- Athletes use the board in triple jump (U11 and above) and must call out what board they are taking off from before they commence their jump. 2 coloured cones should be placed on the outside of the runway next to the board they are using

TIPS FOR ATHLETES:

- Athletes should measure their run up or use the general rule of number of strides = age group plus or minus 1 or 2.
- A practice jump is helpful so you can adjust your run up if necessary.
- Try to land with 2 feet
- If having trouble with the sequence in triple jump, slow down or shorten your run up.

GENERAL RULES:

- For board take offs, the measurement is made by taking the tape from the nearest break in the sand, perpendicular to the front edge of the take off board. This is regardless of them taking off before the board.
- The distance is measured to the nearest cm achieved, not rounded up. Eg 4m 55.7cm is recorded as 4m55cm.
- After completing a jump, the athlete must not walk back through the sand towards the runway, it is then a no jump.
- Encourage athletes to exit the pit at the end of the pit.
- For triple jump, the correct sequence of 'hop, step and jump' must occur.
- Athletes in U11-U16 can wear spikes for their long and triple jump, but they must be removed when the event finishes.

JAVELIN/TURBO JAVELIN

SAFETY TIPS:

- The javelin is an extremely dangerous event, everyone both parents and athletes must be paying attention at all times
- Athletes and Parents must sit/stand behind the runway lines, not on them
- Athletes must not be touching any of the equipment
- Athletes need to be aware of what is happening around them as the running track, Javelin, High Jump and Discus are nearby.
- Parents must carry the javelin/turbo javelin back to the runway, and not throw it
- Only 1 javelin should be in use at any one time, only 1 javelin of each required weight should be in the javelin bin.
- Athlete should not be playing in the nearby high jump shed
- The Javelin must always be carried with the spike downwards.

AGC + PARENT HELPERS:

- The spiker must stand next to the bunting (real javelin) or alongside the sector lines (turbo) and be alert AT ALL TIMES. NO ATHLETES are allowed with the spiker. If there is enough help available, it is helpful to have a second official standing outside the bunting area on the opposite side to be the 'spotter'. They help the spiker to locate the first point of contact with the ground. They can also be the person who brings the javelin back for the next thrower
- The AGC should be supervising and overseeing the event, ensuring all helpers are paying attention all the time.
- Before an athlete is called up to throw, the recorder or AGC must look around to ensure all helpers/officials are ready
- The Javelin requires a minimum 4 parents to help out, a Recorder to record the athletes' throw, a Spiker to spike where the javelin has landed, a Measurer to measure the length of the throw and to observe the technique to verify if it is a legal throw, and a retriever to bring the Javelin back to the runway. A fifth person is needed to pull the tape back to the ‘X’ midway down the runway, a parent is preferable
- Once the spike has been place in the ground, a helper must first pull the tape tightly back to the cross in the middle of the runway, the measurement is then taken from the inner edge of the runway arc

TIPS FOR ATHLETES:

- For athletes new to javelin/turbo javelin it is recommended they do a standing start rather than a run up
- The javelin/turbo javelin should be held at the grip, palm facing upwards, javelin should be facing direction of throw about eye level. It must be thrown not slung.

GENERAL RULES:

- Athletes must not step on or over the line when they throw or out of the Runway otherwise it is a No Throw.
- Athletes must not exit the runway until the Javelin has landed
- The first point of contact with the ground must be within the sector lines. The tip of the javelin must make contact with the ground first
- Athletes must hold the javelin at the grip, it must be thrown over the shoulder, not slung. The measuring tape must be pulled back to the x marked on the runway, with the measurement read at the inside of the arc, measurements are to the whole cm, but must not be rounded.
- Check the bin/bucket for correct weights:
    - U8-10 Turbo
    - U11B & G 400gm
    - U12B & G 400gm
    - U13-14G 400gm
    - U13-14B 600gm
    - U15-16G 500gm
    - U15-16B 700gm

HIGH JUMP/SCISSOR JUMP

SAFETY TIPS:

- Ensure there are no gaps between mats
- Ensure the uprights are facing the right way and that there is a clearance of about 10cm between the bar and mat
- Allow athletes a practice jump(s) to check their run up and take off
- Ensure no athletes or parents are wandering across the run up area
- No one should be sitting on or behind the mats while event in progress

AGC + PARENT HELPERS:

- Two helpers are needed at the uprights, one recorder and an extra helper preferably to put the bar up and measure the height after each adjustment
- As the athletes may be lined some distance away from the recorder an extra voice may be helpful to call the next athlete to jump

TIPS FOR ATHLETES:

- Athletes unsure of which side to stand on, can find their 'swinging leg' by pretending to kick a football. Usually, their favoured leg is the leg that swings up over the bar first.
- Athletes should take off side on to the bar
- Athletes should be encouraged to use the scissor technique (compulsory for U8-10s) if unsure or beginning.
- The run up for a scissor jump is on a slight angle in a straight line. The curved run up is beneficial for the fosbury flop
- Painted marks are a guide for athletes to follow
- Athletes should be mindful of not starting at a height too far away from their PB so as not to tire themselves out too early

GENERAL RULES:

- Athletes must take off from 1 foot, not 2 (2 foot take off is not a valid jump = a failed attempt)
- For scissor jump, an athlete must clear the bar in a predominately vertical manner, and the first contact made on the landing area must be with one or both feet.
- An athlete can commence their jump at any height above the starting height
- 3 consecutive fails at any height means elimination
- The bar is raised by 5cm each time. When there are 4 or less athletes remaining, the bar is then raised by 2cm
- If the bar falls off after the athlete has landed even if they are off the mat, and it is deemed to be a result of the athletes attempt then it is a fail.
- An athlete has 60 seconds to complete their jump from when their name is called. They can baulk as many times as they want but must finish their attempt within the minute. Athletes have 90 seconds when there are 1-2 athletes remaining, and when only 1 athlete remains they have 3 minutes to complete their jump.
- No spikes are allowed to be worn at Chelsea for high hump
- Measurement of the bar needs to occur every time it is adjusted. The measuring stick is to be held perpendicular to the ground, in the middle of the bar with the measurement read at the top of the bar
- A successful jump is shown as '0' Think of 'over' in that they made it over the bar.
- A failed attempt is shown with an 'x'
- A pass, or no attempt at a height is marked by a (-)

SHOT PUT

SAFETY TIPS:

- Athletes and Parents must sit/stand behind the line adjacent to the ring while waiting for their turn
- Athletes must not be touching any of the equipment
- Athletes must behave themselves while waiting for their turn as the running track, On Track, Discus, and other Shot Put rings are nearby.
- Parents must carry the shot put back to the ring, and not roll it
- Parents must put the shot put on the ground for the athlete to pick up, and not give it to them.
- When using Shot Put ring 1, 3 and 4, athletes and parents must position themselves on the track side so they can have eye view of the discus 2 cage

AGC + PARENT HELPERS:

- The Recorder must sit behind the line
- The spiker must stand on the edge of the sector line, NO CHILDREN OR ATHLETES are allowed with the spiker
- The AGC should ideally be supervising and overseeing the event, assisting athletes where needed. If necessary, the AGC should be the Recorder or Measurer.
- The Shot Put requires 4 parents to help out, a Recorder to record the athletes' throw, a Spiker to spike where the shot put has landed, a Measurer to measure the length of the throw, and a retriever to bring the Shot put back to the ring.
- The AGC should stand to the side of the throwing athlete so they can observe and verify correct technique and footing.

TIPS FOR ATHLETES:

- Athletes' front foot to be close to stop board but not touching
- Athletes should have their legs apart, at shoulders width
- The shot put must be 'put' not thrown. It must start in contact with or very close to the neck, the elbow must be behind the shot for the duration of the shot. The shot put must not come back behind the shoulder
- Encourage athletes to pick up the shot put, hold it high then use the 'lock and load' technique which ensures the elbow is in the correct position.

GENERAL RULES:

- Athletes must exit from the BACK of the ring, otherwise throw is a NO THROW (NT)
- For simplicity, encourage athletes to enter and exit from the back.
- Athletes must not exit the ring until the shot has landed
- The measurement is taken from the closest point of the imprint to the inner edge of the stop board. The tape is pulled back to the centre of the circle, but is read where it crosses the inner edge of the stop board, measurements are not rounded up, eg. 1m 55.6cm is recorded as 1m 55cm (not 1m 56cm)
- Check the bin/bucket for correct weights:
    - U6-7 1.0kg
    - U8 1.5kg
    - U9-12 2.0kg
    - U13-14 3.0kg
    - U15-16G 3.0kg
    - U15-16B 4.0kg

LONG JUMP

SAFETY TIPS:

- Before beginning the event, make sure the sand pit has been carefully turned over with a shovel to loosen sand. Also ensure sand has been levelled to that of the runway and any debris has been removed. This should be done at Set up but you still need to check.
- Sand that has not been turned over not only may have dangerous debris but is also very firm and dangerous for athletes to be landing in
- Rake the sand pit and sweep the runway free of sand
- Athletes should be waiting for their turn alongside the runway but not on it. Watch for feet sticking out etc
- If using a mat make sure the distance from the pit is at least 500mm
- Use the large red cone to show the runway is closed while raking, sweeping and measuring is taking place

AGC + PARENT HELPERS:

- You will need a minimum of 4 helpers.
- You will need someone to spike, someone to rake, a recorder and someone to measure.
- Ideally you will have someone else to ensure the runway is clear of sand and to be the sweeper when needed, and someone else to help call up the next athlete (especially if there is a long line of athletes who possibly can't hear the recorder calling their name)
- It is helpful to give athletes a practice jump to test out their run up
- For athletes who do not have a particular run up start, place a cone on the edge of the runway as a reference point. Generally, the number of strides for a run up is relative to their age group, give or take 1 or 2. For example an U11 may need 11-13 strides

TIPS FOR ATHLETES:

- Athletes should measure their run up or use the general rule of number of strides = age group plus or minus 1 or 2.
- A practice jump is helpful so you can adjust your run up if necessary.
- Try to land with 2 feet
- Aim for height in the jump and speed in the run up

GENERAL RULES:

- For board take offs, the measurement is made by taking the tape from the nearest break in the sand, perpendicular to the front edge of the take off board. This is regardless of them taking off before the board.
- For mat take offs (U6-U10) the measurement is made by taking the tape from the nearest break in the sand, to the front edge of the foot imprint on the sand covered mat. (if they take off before the mat, then the tape is pulled to the back edge of the mat)
- The distance is measured to the nearest cm achieved, not rounded up. Eg 4m 55.7cm is recorded as 4m55cm.
- After completing a jump, the athlete must not walk back through the sand towards the runway, it is then a no jump.
- Encourage athletes to exit from the end of the pit. You can place a cone at the end of the pit as a reference point.
- Athletes in U11-U16 can wear spikes for their long and triple jump, but they must be removed when the event finishes.
- Check the bin for correct take off mat/board:
    - U6-8 1.22 x 1.00 mat with sand
    - U9-10 1.22 x 0.50 mat with sand
    - U11-16 1.22 x 0.20 board