Little Athletics Queensland

FIELD OF PLAY HANDBOOK

INTRODUCTION

Little Athletics is defined as a modified sport for junior participants where the rules of athletics, as defined by World Athletics (WA), are modified to better suit the ages and ability of its members.

This handbook is intended as reference and educational material suitable for members looking to assist or officiate at all levels of Little Athletics Queensland (LAQ) Meets / Competitions (Centre, Regional, Carnival and State Championships). It outlines the event requirements, including the number of officials, event equipment specifications, regulations and processes to officiate at each standard Little Athletics event. Details on, and references to, additional roles typically undertaken at LAQ competitions are also included.

This handbook shall be updated as required to reflect any relevant changes to rules, procedures, events and event equipment specifications as deemed appropriate for Little Athletics.

The formal rules and regulations that shall be applied during LAQ competitions can be found in the LAQ Competition Rules and Regulations, the LAA Standard Rules of Competition and the WA Handbook. The WA rules apply in all cases for Little Athletics unless there is a specific modification.

An understanding of the basic event requirements and processes is essential to provide helpful assistance at Centre meets and LAQ competitions. A sound knowledge of the rules and regulations is important for anyone intending to officiate in key roles at LAQ Carnivals and Championships; therefore, the LAQ Competition Rules and Regulations is considered as essential reading and access to the WA Handbook is important.

A properly conducted athletics meet at any level, requires officials and volunteers to work together as an efficient coordinated team. Their responsibility is to provide athletes with every chance of achieving their best performance in a fair competition. The athlete must be considered first and the LAQ Codes of Conduct must be adhered to.

LAQ endeavours to provide access to education, workshops and mentoring opportunities. Further information can be found on the LAQ Officials webpage.

ABBREVIATIONS / DEFINITIONS

AAOES Australian Athletics Officials Education Scheme
EDM Electronic Distance Measuring
ELECTRONIC DEVICE tablet/laptop
LAA Little Athletics Australia LAQ Little Athletics Queensland
WA World Athletics (formerly IAAF)

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ROLE OF AN OFFICIAL/VOLUNTEER

Primarily, the role of an Official is to:

- Provide an opportunity for children to compete, have a go and enjoyathletics.
- Ensure all children are safe.
- Help all children improve.
- Create a fun and friendly environment to which children will want toreturn.

Officiating junior sport is unlike officiating senior sport:

- The child comes first, not the rules.
- Officials at junior sport need to apply the rules to match the skill levels of the child and theactivity.
- The simpler the skill level, the more relaxed the rules and interpretations can be.
- Be consistent, considerate and fair when making decisions, giving the benefit of the doubt to thechild.
- Compliment and encourage all participants, it is a source of confidence building for achild.
- Ensure the activity is conducted within "the spirit of the game" and sportsmanship is reinforced with all actions.
- Officials in junior sport have a big responsibility. As a child's first involvement in organised sport, a positive experience will help set in place a lifetime of involvement. Likewise, a negative experience can severely affect that child's involvement in any future physical activity.

Managing and Communicating with Children and Other Volunteers

There are a number of points to remember when officiating children:

- Children do not respond to instructions in the same way adults do. Instructions need to be clear and simple with a practical meaning. Do not leave the interpretation of instructions up to the child.
- Adults can use a range of skills to understand a message or situation including context of words, observe body language and gestures and draw from experiences. Children, quite often, may take the spoken word literally. The words used should reflect precisely the point.
- If a rule is broken, be encouraging, supportive and clear in the words used. Officiating should be a form of instruction on how to do it right.
- Officials need to officiate to the level of competition and age group.
- Sarcasm or being critical in a joking way should not be used when talking to children. The belittling may not be taken well.
- Try to keep children active while waiting for their turn, perhaps by providing basic practice drills or warm up activities for the event.
- Every child is to be supervised the whole time, never leave the group unattended or allow children to wander off.
- If assistance is needed, encourage parents to become involved.
- As an Official, always be friendly towards others, prepared to explain procedures and answer any questions new and inexperienced helpers may have and always thank people for their time and assistance in volunteering to help.

OFFICIALS ACCREDITATION AND EDUCATION

For current information on gaining accreditation or participating in education sessions, visit the LAQ Officials webpages: https://laq.org.au/officials/.

Junior Officials: LAQ supports and encourages interested Junior Officials (athletes U15 to U17 years) to gain accreditation and attend LAQ Introduction to Officiating Workshops and other workshops offered. The following outlines the age-appropriate participation as Officials.

- U15 to U17 years with accreditation may Chief at Centre level, but only assist at LAQ competitions (including Regional and State Championships).
- U16 to 17 years with accreditation may lodge an Expression of Interest to carry out duties, as non-competing athletes, at any LAQ competitions. Appointment is notguaranteed.

TRACK AND FIELD EVENTS SUMMARY

The table below outlines the standard and optional events offered at Centre meets.

	Centre Only	Centre, LAQ Regions and Carnivals		Centre, LAQ Regions, Carnivals and Championships (*LAANational)								
EVENTS	U6	U7	U8	U9	U10	U11	U12	*U13	*U14	*U15	U16	U17
Sprints / Middle Distance and Distance												
70 metre	√	√	√	√	√	opt	opt	opt	opt	opt	opt	opt
100 metre	√	√	√	√	√	√	√	√	√	√	√	√
200 metre	√	√	√	√	√	√	√	√	√	√	√	√
300 metre	opt	√	opt	opt	opt	opt	opt	opt	opt	opt	opt	opt
400 metre		opt	opt	√	√	√	√	√	√	√	√	√
500 metre		opt	√	opt	opt	opt	opt	opt	opt	opt	opt	opt
700 metre			opt	opt	opt	opt	opt	opt	opt	opt	opt	opt
800 metre				√	√	√	√	√	√	√	√	√
1500 metre						√	√	√	√	√	√	√
Hurdles												
60m Hurdle	opt 20cm	opt 30cm	√ 45cm	√ 45cm	√ 60cm							
80m Hurdle						√ 60cm	√ 68cm	√ 76cm	√ G 76cm			
90m Hurdle									√ B 76cm	√ G 76cm	√ G 76cm	
100m Hurdle										√ B 76cm	√ B 76cm	√ G 76cm
110m Hurdle												√ B 76cm
200m Hurdle								√ 68cm	√ 76cm			
300m Hurdle										√ 76cm	√ 76cm	√ 76cm
Race Walking												
300m Race Walk			√	opt								
700m Race Walk			opt	√	opt	opt	opt	opt	opt	opt	opt	opt
1100m Race Walk					√	√						
1500m Race Walk							√	√	√	√	√	√

	Centre Only	Centre, LAQ Regions and Carnivals		Centre, LAQ Regions, Carnivals and Championships (*LAA National)								
EVENTS	U6	U7	U8	U9	U10	U11	U12	*U13	*U14	*U15	U16	U17
Relays												
4 x 70 Relay		√ (shuttle)	√ (shuttle)									
4 x 100 Relay		√ (shuttle)	√ (shuttle)	√	√	√	√	√	√	√	√	√
4 x Swedish Relay				√	√				√	√	√	√
4 x Medley Relay						√	√	√				
Cross Country												
1000m Cross Country			√	√	√	√	√	√	√	√	√	√
2000m Cross Country						√	√	√	√	√	√	√
3000m Cross Country								√	√	√	√	√
4000m Cross Country										√	√	G
6000m Cross Country												B
Jumps												
Long Jump	√ (m)	√ (m)	√ (m)	√ (m)	√ (m)	√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)
Triple Jump						√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)	√ (bd)
High Jump			√ (s)	√ (s)	√ (s)	√ (f)	√ (f)	√ (f)	√ (f)	√ (f)	√ (f)	√ (f)
Throws												
Shot Put	√	√	√	√	√	√	√	√	√	√	√	√
Discus	√	√	√	√	√	√	√	√	√	√	√	√
Javelin						√	√	√	√	√	√	√
Vortex	opt	opt	opt	opt	opt	opt	opt	opt	opt	opt	opt	opt
Turbo Jav			opt	opt	opt	opt	opt	opt	opt	opt	opt	opt

√	LAQ Standard events	opt	Optional events Centre meets only – no McDonald's Achievement Levels		
G	Girls	m	Mat	s	Scissor only
B	Boys	bd	Board	f	Any legal jump (scissor and flop included)
LAA	Standard events				

FIELD OF PLAY FUNDAMENTALS

Safety

Duty of care and sensible actions are required for, and by Officials and athletes alike. Basic safety issues to consider:

- If conditions are unsafe, the event should not be continued or conducted.
- Officials must use the correct techniques when lifting and moving equipment – ask for assistance or use a trolley.
- All equipment must be handled, transported and stored in a safe manner.
- Hurdles must be placed in the same direction on the track to collapse towards the finish line.
- Throwing implements must never be thrown back to the throwing area, implements must be carried back. Javelins must be held in an upright position, metal tip facing down and close to the ground when being carried.
- Be aware of track and field events in progress when entering, exiting or moving between event areas. Do not cross the track if an event is in progress.
- Athletes and Officials, where possible, avoid crossing the centre of the arena; walk around the track.
- Any electrical or data cords being used must be placed safely, connected properly and positioned out of harm's way. Power sources must be protected and not overloaded.
- All electrical equipment (including power cords) must be properly maintained and in good condition – checked for test and tag label.
- All injuries sustained or treated during any level of competition must be reported on the appropriate form.
- The health and wellbeing of Officials and volunteers should be monitored during the competition.

Code of Conduct

When assisting or officiating at any level of LAQ competitions, all persons are expected to behave in a manner that reflects 'family fun and fitness' and most importantly the LAQ Code of Conduct. Failure to do so can result in a negative experience for the athletes and members, the removal of the offender from the arena or in severe cases, exclusion from attendance at meets or cancellation of membership.

Footwear and Spiked Shoes

Officials must wear enclosed shoes when active on the arena i.e. no thongs or open sandals.

Approved or compliant shoes must be worn by all athletes while competing in any LAQ sanctioned track and field competition including Centre meets.

No athlete may wear football boots or cleats in an event.

Athletes wearing spiked shoes must only do so during an event, and not worn to and from an event. Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.

The following table outlines the ages and events where spiked shoes are permitted.

	U6 to U10	U11	U12	U13	U14	U15	U16	U17
Track								
Laned	*NA*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*
Unlaned	*NA*			*SS*	*SS*	*SS*	*SS*	*SS*
Relays	*NA*	*LR*	*LR*	*SS*	*SS*	*SS*	*SS*	*SS*
Field								
V Jumps	*NA*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*
H Jumps	*NA*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*
Javelin	*NA*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*	*SS*

Legend:

NA Not Allowed to wear spiked shoes. SS May wear spiked shoes with spikes.

LR U11 and U12 athletes competing in laned 4 x 100m relays may wear spiked shoes with spikes.

Uniforms

LAQ athletes are required to wear the Centre approved uniform at all levels of competition. This includes the registration number worn on the front of the shirt, singlet or crop top; an age label affixed according to the Uniform Policy.

Socks and hats are not considered part of the approved Centre uniform.

Below are the LAQ Competition protocols for uniform infringements; that are used in conjunction with the Uniform Policy.

Uniform Infringements and Protocols Table:

Infringement	Action / Responsibility	
	Call Room Manager	**Field Chief**
Age label missing or placed incorrectly	Provide athlete with relevant age label and safety pins. Assist if necessary. No further action required.	At the conclusion of the event ask the athlete to obtain an age label from their Team Manager, Call Room or LAQ Admin / Recording Room before the next event. Note on Incident Report form. No further action required.
Coles sponsor patch missing or placed incorrectly	Provide athlete with patch and safety pins. Assist if necessary. Advise athlete the patch needs to be affixed onto their uniform prior to the next competition. No further action required.	At the conclusion of the event ask the athlete to obtain a sponsor patch from their Team Manager, Call Room or LAQ Admin / Recording Room before the next event. Note on Incident Report form. No further action required.
Registration bib number missing or as intended	Provide athlete with a temporary paper label with their correct registration number and safety pins. Assist pinning to front of their uniform if necessary. Note on Incident Report form. No further action required.	At the conclusion of the event ask the athlete to get their Team Manager to obtain a temporary paper label with their correct registration number and safety pins from the Call Room or LAQ Admin / Recording Room before the next event. Note on Incident Report form. No further action required.
Athletes not wearing approved Centre uniform top or bottom in compliance with the items design.	• No athlete is to be approached or spoken to in relation to this infringement. • The infringement is noted on the Incident Report form. • Call Room Manager or Event Chief (away from the athletes) shall contact the Announcer, advise the infringements and call for the relevant Team Manager to go to the LAQ Admin / Recording Room. • Announcer to advise LAQ Admin / Recording Room of the advice. In turn, the advice is given to the Team Manager that the infringement is to be fixed prior to their next event. • A list of athletes who have infringed from the prior competition shall be maintained by LAQ and provided to the Competition Manager and Meeting Manager(s) for use in assessing potential disqualifications.	

CENTRE AGE MARSHAL

At least one Age Marshal is required for each age group or combined age group, depending on the Centre program to supervise, organise and direct the group of athletes to the events. Where circumstances require, two or more people may be utilised.

Age Marshals are necessary only at Centre meets and some intercentre meets. This role is to provide an enjoyable experience in a supportive environment in a fair, considerate and positive way.

Equipment

- Age Group folder, pen and highlighter

Optional Equipment

- Electronic device (tablet/laptop)

Duties of the Age Marshal

- Supervises a defined group of athletes for the duration of the Centre meet.
- At the start of the competition, collects the Age Group folder containing the program and field event recording form.
- Is responsible for the age group on completion of the warm up.
- Marks off athletes' names, adds any new athlete's name if required to the field event recording form and proceeds to the first event.
- Ensures athletes attend each programmed event in the correct order; or as advised by the Program Officer/Meeting Manager.
- Keeps the group under control at all events, allowing athletes to leave when time permits, e.g. go to toilets and obtain drinks. Any disciplinary action required must be referred to the Centre Manager.
- Assists the Starter by placing the athletes in lanes/heats at the track events.

Recording Field Events

- Usually performs the duties of the Recorder at the field events.
- Calls the athletes for their trials in the order listed on the field event recording form.
- Repeats the measured distance or height back to the Chief Judge.
- Completes the field event recording form according to the measured distance or height.

Measurements are recorded to the nearest whole centimetre below the actual measured distance or height.

- Circles each athlete's best performance on the field event recording form.
- Returns the Age Group folder, field event recording form and/or electronic device to the appropriate area.

Safety

- Never leave the group unattended.
- Ask for assistance from parents as necessary.
- Athletes to inform the Age Marshal before leaving the group and on return.
- Use a 'buddy' system, if athletes need to leave.

RECORDER

There are two types of recording - Track and Field. Both Track Recorders and Field Recorders (usually the Age Marshal) are required to conduct a meet. Details of the age group, athlete's name, type of event, date and performance are recorded on the track and field recording forms. Recorders are required to check the details and verify results. It is recommended the Track Recorders be positioned at least five metres back from the finish line.

Equipment

- Track event recording forms
- Field event recording forms

Optional Equipment

- Electronic devices
- Data recording software, e.g. Timing Solutions or Meet Manager
- Wi-Fi access

Officials

The preferred number of Officials required to conduct Recording are:

- 2 Track Recorders
- 1 Field Recorder/Age Marshal for each age group
- Walk Recorder *Not necessary at Centre level.*

Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Track Recorders

- Complete the track event recording forms with the age group, athlete's name, event and performance.
- Record the finishing order of the athletes, provided by the Chief Place Judge.
- Repeat the times back to the Chief Timekeeper.
- Record the results on the track event recording form.
- Check the times have been correctly recorded.
- Complete the track event recording form.
- Return the track event recording forms and/or electronic device to the appropriate area.

Field Recorders

- Complete the field event recording forms with the age group, athlete's name, event and performance.
- Call the athletes for their trials in the order listed on the field event recording form.
- Repeat the measured distance or height back to the Chief Judge.
- Record the results on the field event recording form.
- Check the measured distances or heights have been correctly recorded.
- Complete the field event recording form.
- Circle each athlete's best performance on the field event recording form.
- Return the Age Group folder, field event recording form and/or electronic device to the appropriate area.

Walk Recorder

- Completes the Judging Summary Sheet with the age group, athlete's name, hip numbers and event.
- Collates the results from the Race Walk Judge's Record onto the Judging Summary Sheet.
- Records the infringements as 'contact' (~) or 'knees' (>) in the appropriate *Caution* or *Red Card* column.
- Circles all *Red Card* infringements on the Judging Summary Sheet and totals the number of *Red Card* infringements for each athlete.
- Checks the results have been correctly recorded.
- Notes disqualifications on the Judging Summary Sheet.
- Completes the Judging Summary Sheet.
- Advises the Chief Walk Judge if any athletes have accumulated three or more *Red Card* infringements.
- Returns the Judging Summary Sheet and Race Walk Judge's Records to the appropriate area.

Recording Principles

- Results are recorded at Centre level to allow athlete's performances to be recognised according to the Centre incentive schemes and/or Centre Best Performance records.
- The level of competition will determine the processes to record and verify best performances.

Track Recording Principles

Manual (Hand) Timing

- Manual (hand) timing is recorded to the nearest tenth of a second above the reading for all distances, e.g. 14.21 secs is recorded as 14.3 secs. All one hundredths of a second should be rounded up to the tenth of a second above the actual reading, not the nearest tenth of a second, e.g.
  15.01 secs is recorded as 15.1 secs not 15.0secs
  15.09 secs is recorded as 15.1 secs not 15.0secs
  15.11 secs is recorded as 15.2 secs not 15.1secs
- Only fully automatic timing systems, i.e., timing systems that operate automatically at the start and the finish, record to one hundredths of a second, e.g. 16.58 secs.
- The following symbols are used when recording track events:
  DNS = did not start
  DNF = did not finish
  DQ = disqualified
  r = retired *(Combined Events, not required at Centre level.)*
  Q = qualified by place *(not required at Centre level.)*
  q = qualified by time *(not required at Centre level.)*
- In track recording, where an automatic timing system is not used, recording procedures may vary according to the Centre's preferred method.

Field Recording Principles

- Measurements are recorded to the nearest whole centimetre *below* the actual measured distance or height, e.g.
  4.621m is recorded as 4.62m 12.345m
  is recorded as 12.34m 27.999m is
  recorded as 27.99m
- The following symbols are used when recording field events:
  X = failure
  _ = pass
  O = valid trial *(High Jump)*
  NM = no valid trial recorded
  DNS = did not start
  DQ = disqualified
  r = retired *(not required at Centre level.)*
- Placings are not required at Centre level.
- Placings are required for U9 to U17 athletes at LAQ competitions.

The following example illustrates a High Jump recording form.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Best Height Cleared
Allan	___	XO	O	XO	___	XXO	XXX	1.92
Bruce	O	O	O	X–	XO	XXX		1.90
Corey	X–	X–	X					NM

Race Walking Recording Principles

- All Race Walk Judge's Records are collected at the finish of each event and returned to the Walk Recorder.
- The following symbols are used when recording race walking events:

  ~ = loss of contact
  > = bent knee
  DQ = disqualified

STARTER

The Starter is responsible for starting all track events and controls every aspect connected with the start of the event. The Starter, ideally positioned on an elevated stand, must have a clear view of the athletes and easily visible to the Timekeepers.

Equipment

- Starting system, e.g. starting gun and starting caps, electronic starting device, clap board, whistle
- Earmuffs or earplugs
- Flash unit or sight board
- Two-way radio
- Program of track events
- 3 flash cards (1 green, 1 yellow/black, 1 red/black – usually only for LAQ Carnivals and Championships)
- Starting blocks
- Relay batons (if required)

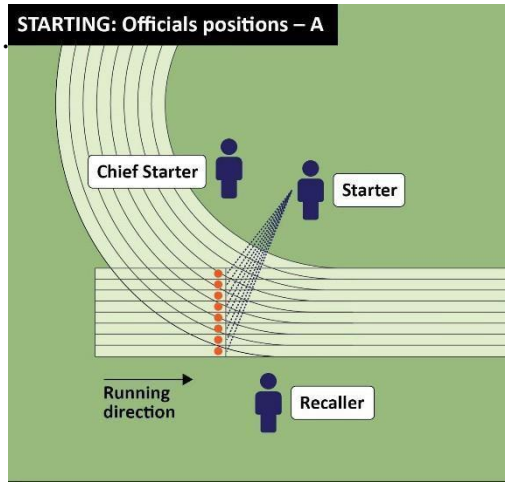
Optional Equipment

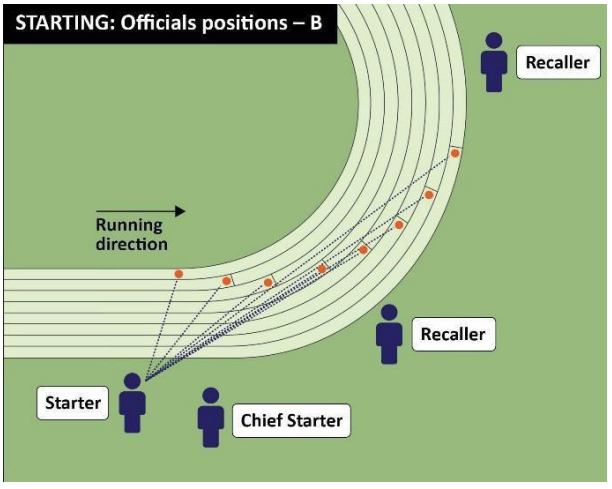
- Amplifying device
- Elevated stand

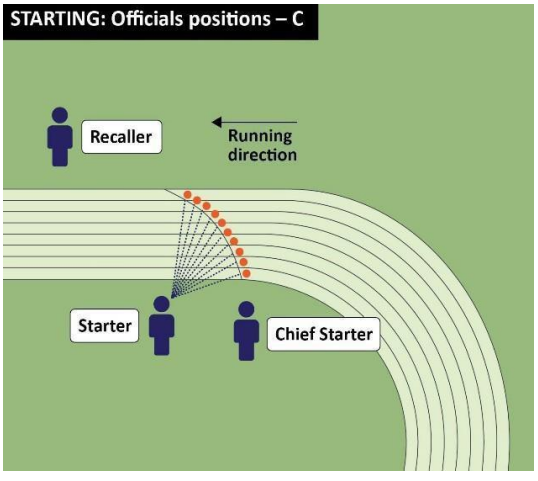
Officials

The preferred number of Officials required to conduct the Start is five.

- Chief Starter
- Starter
- Starter's Assistant
- Start Marshal
- Recaller







Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Starter

- Supervises and answers queries from Start Officials.
- Briefs Start Officials prior to the start of the event.
- Allocates Start Officials positions prior to the start of the event.
- Informs the athletes of the track rules at the start of the event.
- Communicates with the Track Referee and/or Chief Timekeeper that all is ready to proceed with the event.
- May act as Starter, if required.

Starter

- Stands on the inside of the track for events starting on a straight line across the track e.g. 100m or sprint hurdles, for a full view of athletes in one line of vision.
- Stands at the back of the athletes on the inside or outside of the track for events starting on staggered lines e.g. 200m or 400m, for a full view of athletes in one line of vision.
- Stands on the inside of the track for events starting on a curve line e.g. 1500m or Race Walking events, for a full view of athletes in one line of vision.
- Controls all aspects of the start of the event.
- Commences the starting procedure.
- Determines if the start is fair according to the rules.
- Recalls the athletes by a second firing of the gun/starting device, if any start does not comply with the requirements of a correct start.
- Is the only person permitted to take any action, make a final decision, warn or disqualify an athlete at the start of the event.

Starter's Assistant/Start Marshal

- Assembles and checks athletes are competing in the correct track event.
- Allocates athletes into correct heats or lanes. Age Marshal may assist with heats and lane allocations.
- Checks footwear.
- Supervises athletes while waiting for the event to proceed.
- Indicates to the Starter that all is ready to proceed with the event.
- Assembles athletes again if the event is recalled.
- Ensures starting blocks and relay batons are available if required.

Recaller(s)

- Assist the Starter during the starting procedure.
- Are allocated positions to gain a further view of the start of the event.
- Ensure hands and feet of the athletes remain behind the start line when the Starter calls athletes to their marks.
- Indicate to the Starter the readiness of the athletes.
- Indicate to the Starter any irregularities at the start of the event.
- Recall the athletes by a second firing of the gun/starting device, if any start does not comply with the requirements of a correct start.
- Identify and report to the Starter any infringement and reason for the recall.

Starting Procedure

- Starter takes up the starting position.
- Ensures the Track Referee and/or Chief Timekeeper and Chief Place Judge are ready.
- Ensures all athletes are ready and standing on the assembly line.
- For events up to and including 400m and all relay events:
  - calls 'On Your Marks'.
  - allows time for athletes to settle. Checks for "all clear" from the Recallers.
  - when all movement has ceased, raises the gun/starting device and gives the command 'Set'.
  - when all athletes are steady, 'fires' the gun/starting device.
- For events longer than 400m:
  - calls 'On Your Marks'.
  - when all athletes are steady, 'fires' the gun/starting device.

- If the Starter is not satisfied all athletes are ready for the start to proceed, in either the 'On Your Marks' or 'Set' position, the Starter can order the athletes to 'Stand Up', move back one pace from the start line before recommencing the procedure.

Starting Techniques

- A standing start may be used by athletes in all track events.
- Athletes must use a standing start for track events longer than 400m.
- A crouch start may be used only by athletes in the U11 to U17 age groups for all track events up to and including 400m.
- In a crouch start:
  - the athlete must have both feet in contact with the ground or starting blocks, and both hands in contact with the ground.
  - when the 'On Your Marks' command is given, the athlete must raise one knee off the ground leaving the other knee remaining in contact with the ground.
  - when the 'Set' command is given, the athlete must raise that knee off the ground.
- A three-point start is not allowed at any LAQ competition.

Standing start

Crouch start

Starting Principles

- Assembly distance from the start line for all track events is three metres.
- In all events up to and including 400m, each athlete is allocated a lane.
- In the 800m event, when the start is in staggered lanes, two athletes may share the one lane.
- For the 1500m and all Race Walking events, athletes line up side by side (pack start) along a curved start line.
- An amplifying device for relaying commands is recommended for staggered lane starts.
- All track events should be started by the firing of the Starter's gun/starting device.
- The Starter should adopt the following procedure to assist Timekeepers in recognising what commands are given by the Starter's actions.
  - 'On Your Marks' command, the Starter raises the gun/starting device arm parallel to the ground.
  - on the 'Set' command, the Starter raises the gun/starting device vertically above the head.
- A pause between each command is necessary to allow athletes to settle, reach full concentration and to ensure all movement has ceased. The length of time is not fixed but should be no less than 0.5 second and no longer than 2.5 seconds. The time will vary for athletes using a standing start or a crouch start.

"on your marks"

"set"

- When the Starter calls the athletes to their marks99, only the Starter has control of the athletes and is the sole judge of any aspect connected with the start of the event.
- After the 'On Your Marks' command, the athlete must approach the start line and assume a position completely within the allocated lane and behind the start line. At the 'Set' command, the athlete should immediately take up the final start position.
- An athlete must not touch either the start line or the ground in front of the start line with hands or feet from the set position.
- In the start position, an athlete's torso and head may be forward of the vertical plane of the start line.
- An athlete may indicate, by raising a hand, when not ready or set to proceed. The athletes are ordered to 'Stand Up' before recommencing the procedure.
- The command to 'Stand Up' is used when:
  - athletes are unsteady.
  - the waiting time is excessive.
  - some athletes may be unaware of what has happened.
- If the Starter or Recallers are of the opinion the start was not fair, the athletes are recalled by a second firing of the gun/starting device.
- The Starter's and Recaller's guns should only be reloaded just prior to the start of each track event.
- Two Recallers are required to assist the Starter in laned events of 200m and longer and circular relays.
- Only the Starter is to issue warnings or advise an athlete of disqualification at the start of the event.
- If an unfair start is not due to any athlete, no warning or explanation is necessary.
- Any athlete making a false start must be warned by the Starter, e.g. lane 7 - first false start - final warning (excluding Combined Events).
- More than one athlete may be warned or disqualified for a false start.
- In Little Athletics:
  - an athlete responsible for two false starts will incur disqualification.
  - an athlete responsible for three false starts in combined events e.g. Pentathlon, will incur disqualification.
  - at Centre level, some latitude can be given.
- Athletes in the U11 to U17 age groups are permitted to use starting blocks in laned events and the first leg of relay events.
- Officials required to use a starting cap gun or pistol must be over the age of 18 years.

It may be a *false start* if:

- An athlete commences the starting motion after taking up the final start position and before the gun/starting device is fired.
- After the 'On Your Marks' command, an athlete disturbs any other athlete through sound or otherwise.
- An athlete fails to comply with the 'On Your Marks' or 'Set' commands, and the Starter is of the opinion a reasonable time has elapsed. The Starter may give a warning for the first infringement and may declare a false start by that athlete on the second infringement.
- One or more athletes gain an advantage.

Safety

- Officials must check the track and nearby areas are clear of obstructions and hazards.
- Athletes and Officials must look both ways before crossing the track.
- Athletes need to be supervised when crossing the track.
- The Starter must check the track is clear before proceeding.
- No athlete is allowed to run the wrong way over the hurdles. This can occur after athletes have been allowed a practice run prior to the start of the event.
- Earmuffs must be supplied and worn by the Starter if percussion guns are used.
- Starting guns and starting caps must be kept away from athletes.
- The starting gun should not be discharged near the face of any person or any person not wearing earmuffs.
- When loading starting caps into the starting gun, use only the pad area of the finger. Do not use any sharp, hard objects to push the starting caps into place.
- Starting caps must be stored in a cool, dry place or safety container.
- Starting caps must not be stored in pockets or held in hands.
- Starting guns must be stored in an unloaded state.
- Starting guns and starting caps should be stored separately, under lock and key.

PLACE JUDGE

All track events - sprints, middle and long distance, hurdles, relays and race walking - require Place Judges. It is recommended the Place Judges be positioned at least five metres back from, and in line with the finish line, on the inside of the track, opposite the Timekeepers. All Place Judges, ideally positioned on an elevated stand, must have a clear view of the finish line.

To assist with judging, white painted finish posts must be placed at the finish line 30cm from the inside and outside edge of the track.

Equipment

- Place judging tags/pads
- 2 finish posts painted white
- Two way radios
- 2 flags (1 white, 1 red – – usually only for LAQ Carnivals and Championships)
- Bell (for Lap Scorer when required)

Optional Equipment

- Elevated stand
- Lap counter

Officials

The preferred number of Officials required to conduct Place Judging is one more than the number of lanes being used. Two Place Judges judge first place and one Place Judge for each remaining lane. *Not necessary at Centre level.*

For unlaned events, fewer Place Judges are required but a Lap Scorer is necessary.

- Chief Place Judge
- Place Judges
- Lap Scorer(s)

Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however, Officials may be required to perform more than one role.

Chief Place Judge

- Judges all track events with the assistance of a number of Place Judges.
- Judges first place.
- Records at least the first four placings and as many other places as possible.
- Allocates one additional Place Judge to judge first place. *Not necessary at Centre level.*
- Allocates to each Place Judge, the place to be judged.
- Checks all judged positions to ensure first place agrees and the rest are in correct sequence.
- Determines the final placings if there is an apparent discrepancy.
- If unable to arrive at a decision on final placings, can confer with the Track Referee.
- Provides official placings to the Track Recorder.
- Informs all Place Judges if a false start occurs.
- Ensures all Place Judges are ready for the start.
- Communicates with the Track Referee and/or Chief Starter and Chief Timekeeper that all is ready to proceed with the event.
- Raises a white flag to indicate 'ready' and raises a red flag to indicate 'not ready'.

Place Judges

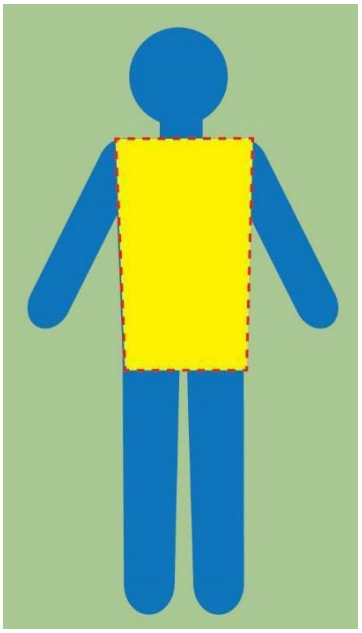
- Judge all track events under the direction of the Chief Place Judge.
- Determine the finishing order of the athletes for all track events.
- Occasionally at Centre level, may have to operate as both Place Judges and Timekeepers.

Lap Scorer(s)

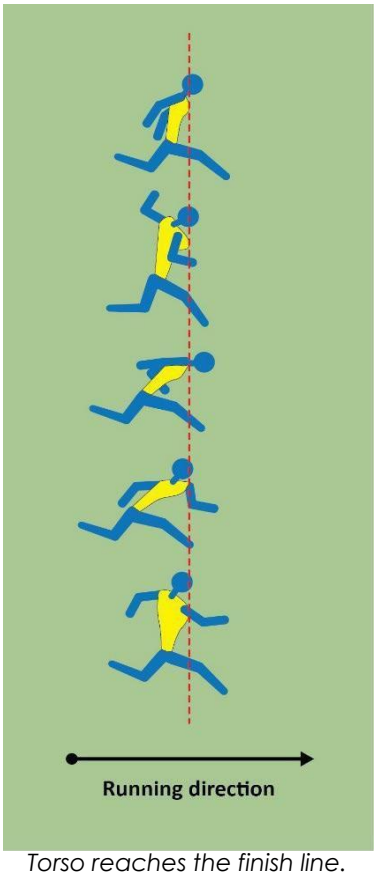
- Are required for all track events 800m and longer.
- Stand on the outside of the track beyond the finish line.
- Are allocated a number of athletes to observe and record the laps completed during the track event.
- Change the lap counter each lap when the leading athlete enters the straight to show the number of laps remaining.
- Ring a bell as each athlete begins their final lap.
- Advise the Timekeepers when an athlete is finishing the track event.

Place Judging Principles

- Place Judges must be ready to place the athlete the moment the *torso** of the athlete reaches the vertical plane of the nearer edge of the finish line.
- Place Judges are allocated a place to judge, *not* a lane, e.g. third place not lane 3.
- Place Judges must act independently without conferring with any other person.
- Place Judges' decision on the finishing order of the athletes takes priority over Timekeepers and used to differentiate equal times given by the Timekeepers.
- Where a fully automatic timing system is used:
  - the finishing order of the athletes is determined by the timing system.
  - a Place Judge is required as backup should the timing system fail. Places will only be recorded as official if required.



***** *The torso is that part of the body between the shoulders and waist,* ***not*** *head, neck, arms, legs, hands or feet.*



Torso reaches the finish line.

Recording

- Place Judges determine the placings when manual (hand) timing is used and for track events not run entirely in lanes when a gate timing system is used.
- At Centre level, at the finish of the event, a place judging tag may be given to the athlete for the tag to be handed to the Track Recorder.

Safety

- Officials must check the track event area is clear of obstructions and hazards.
- Athletes and Officials must look both ways before crossing the track.
- Any shelter must be firmly secured and not blocking the view of the finish line.
- If using an elevated stand, be mindful and aware of the surroundings.

TIMEKEEPER

All track events - sprints, middle and long distance, hurdles, relays and race walking - require Timekeepers. It is recommended the Timekeepers be positioned at least five metres back from, and in line with the finish line, on the outside of the track, opposite the Place Judges. All Timekeepers, ideally positioned on an elevated stand, must have a clear view of the Starter and the finish line.

To assist with timing, white painted finish posts must be placed at the finish line 30cm from the inside and outside edge of the track.

Equipment

- Stopwatches
- 2 finish posts painted white
- Two way radios
- 2 flags (1 white, 1 red – – usually only for LAQ Carnivals and Championships)

Optional Equipment

- Elevated stand
- Electronic timing system, i.e. timing gates, photo finish

Officials

The preferred number of Officials required to conduct Timekeeping is two more than the number of lanes being used. Three Timekeepers time first place and one Timekeeper for each remaining lane. *Not necessary at Centre level.*

For unlaned events, fewer Timekeepers are required.

- Chief Timekeeper
- Timekeepers

Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however, Officials may be required to perform more than one role.

Chief Timekeeper

- Times all track events with the assistance of a number of Timekeepers.
- Times first place.
- Times at least the first four placings and as many other places as possible.
- Allocates two additional Timekeepers to time first place. *Not necessary at Centre level.*
- Allocates to each Timekeeper, the place to be timed.
- Checks all times to ensure first place agrees and the rest are in correct sequence.
- Determines the official time to be recorded for other placings, checking the stopwatches if there is an apparent discrepancy.
- Provides official times to the Track Recorder.
- Instructs all Timekeepers to clear stopwatches at the finish of the event and/or if a false startoccurs.
- Ensures all Timekeepers are ready with the stopwatches set on zero.
- Communicates with the Track Referee and/or Chief Starter and Chief Place Judge that all is ready to proceed with the event.
- Raises a white flag to indicate ‘ready’ and raises a red flag to indicate ‘not ready’.
- Advises the Timekeepers when the start is imminent, usually when the gun is raised.
- Calls lap times to athletes in unlaned events.

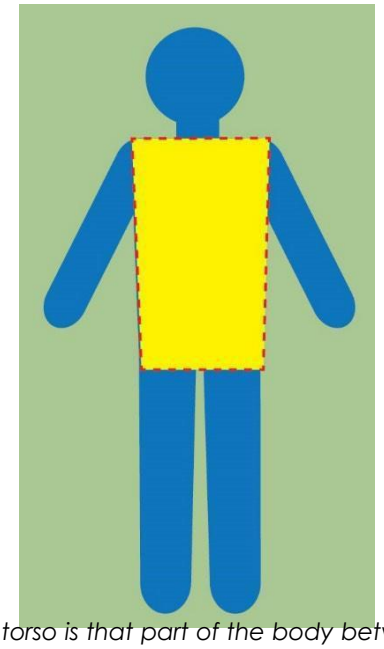
Timekeepers

- Time all track events under the direction of the Chief Timekeeper.
- Occasionally at Centre level, may have to operate as both Timekeepers and Place Judges.

Timekeeping Principles

- The stopwatch should be held in one hand between the thumb and forefinger with the forefinger on the stop/start button.
- The stopwatch is started as soon as the Timekeeper sees the flash or smoke from the Starter’s gun. The stopwatch must not be started by the sound of the Starter’s gun.
- Timekeepers must be ready to stop the stopwatch the moment the *torso** of the athlete reaches the vertical plane of the nearer edge of the finish line.

- Timekeepers are allocated a place to time, not a lane, e.g. second place *not* lane2.
- Timekeepers must act independently without conferring with any other person.
- Timekeepers should always ensure the stopwatch is set at zero before the start of the event and check the stopwatch is running after the start of the event.
- Place Judges' decision on the finishing order of the athletes shall be used to differentiate equal times given by the Timekeepers.
- A multi-function stopwatch may be used to record and store several times and recalled after the finish of the event. If the stopwatch has an integral printer the recorded times may be printed.
- Where a fully automatic timing system is not used, a multi-function stopwatch with printer may be used to record the times for events longer than 200m.
- Where a fully automatic timing system is used:
  - the official time shall be deemed electronic.
  - a Timekeeper is required as backup should the timing system fail. Times will only be recorded as official if required.



***** *The torso is that part of the body between the shoulders and waist, **not** head, neck, arms, legs, hands or feet.*

How to hold a stopwatch.

Timing and Recording

Manual Timing and Automatic Timing

- Manual (hand) timing is recorded to the nearest tenth of a second above the reading for all distances,
  e.g. 14.21 secs is recorded as 14.3 secs. All one hundredths of a second should be rounded up to the tenth of a second *above* the actual reading, *not* the *nearest* tenth of a second.
- When a timing system operates automatically at either the start or the finish, but *not* at both, the times are considered manual timing. The times should be rounded up to the tenth of a second *above* the actual reading, *not* the *nearest* tenth of asecond.
- Only fully automatic timing systems, i.e. timing systems which operate automatically at the start and the finish, record to one hundredths of a second, e.g. 16.58 secs.
- Where three stopwatches are used for first place:
  - if two of the three stopwatches agree, the time shown on the two stopwatches shall be the official time.
  - if all three stopwatches disagree, the middle time shall be the official time.
  - if only two times are available and disagree, the slower time shall be the official time.

Gate Timing System

The system shall be started either automatically by the Starter's gun or manually at the flash or smoke from the Starter's gun. It automatically detects the torso crossing the finish line using multiple electronic beams positioned on the nearer edge of the finish line. The beams are positioned at an appropriate height so as the athlete's torso is the most likely part of the body to break the beam.

Automatic Timing System (Photo Finish)

The system shall be started either automatically by the Starter's gun or manually at the flash or smoke from the Starter's gun. The system uses a camera positioned in line with the finish line to capture an image. The image is read to record the finishing times of the athletes reaching the vertical plane of the nearer edge of the finish line.

Safety

- Officials must check the track event area is clear of obstructions and hazards.
- Athletes and Officials must look both ways before crossing the track.
- Any shelter must be firmly secured and not blocking the view of the finish line.
- If using an elevated stand, be mindful and aware of the surroundings.

TRACK UMPIRE

All track events - sprints, middle and long distance, hurdles, relays and race walking - require Track Umpires. Track Umpires are positioned evenly around the inside or outside (as appropriate) of the track to observe the event closely and report any violation of the rules by an athlete or other person to the Track Referee.

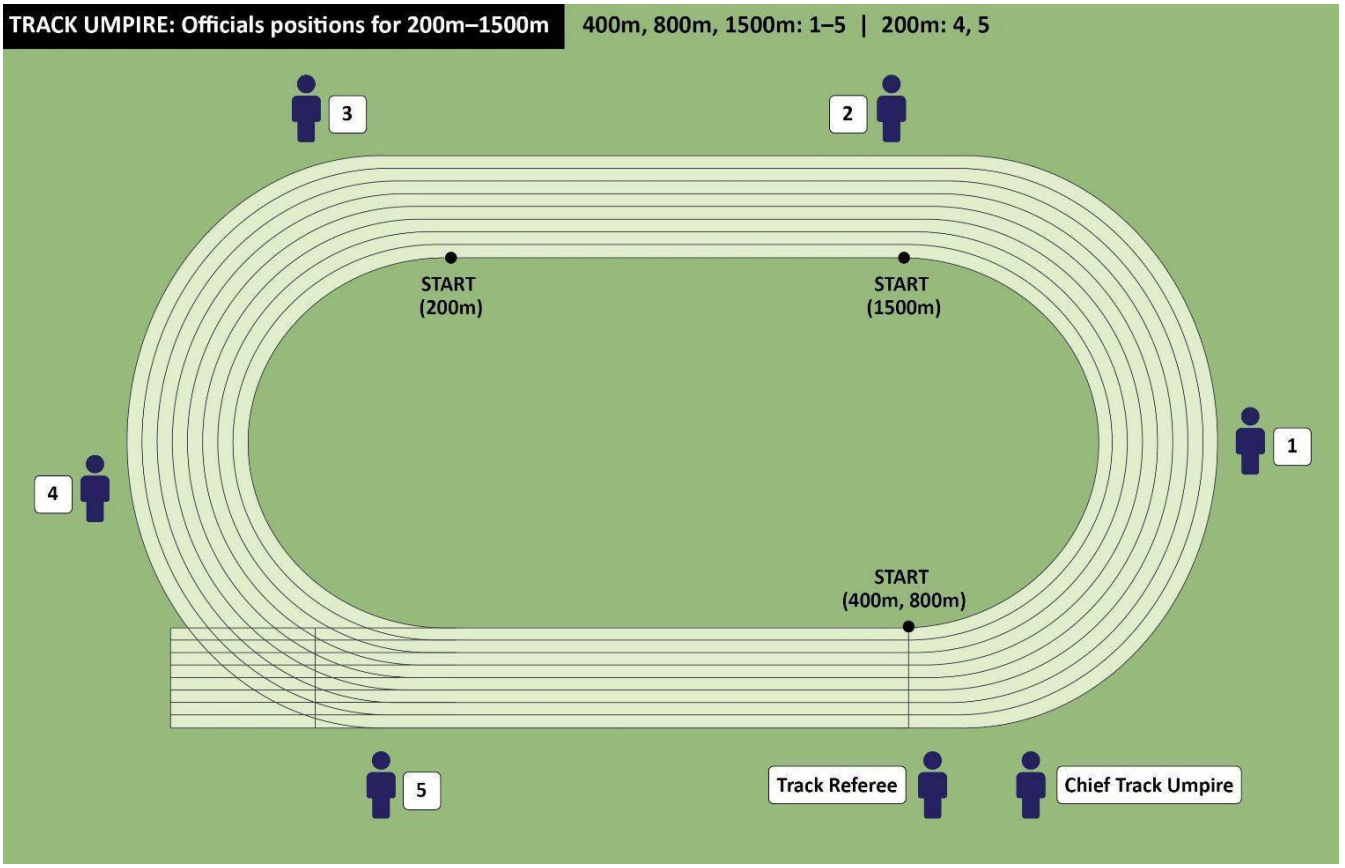
Equipment

- Program of track events
- 15 flags (8 white, 8 yellow, 1 red – usually only for LAQ Carnivals and Championships)
- Umpire's Report Form

Officials

The preferred number of Officials required to conduct Track Umpiring efficiently is eight.

- Track Referee
- Chief Track Umpire
- 6 Track Umpires



Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however, Officials may be required to perform more than one role.

Track Referee

- Ensures all track events are conducted fairly and according to the rules.
- Allocates Track Umpire positions if no Chief Track Umpire is available.
- Indicates readiness of the Timekeepers, Place Judges or Photo Finish to the Chief Starter.
- Raises a white flag to indicate 'ready' and raises a red flag to indicate 'not ready'.
- Investigates all reported incidents by the Track Umpires.
- Communicates with the Chief Walk Judge to advise of any athletes disqualified for violating track rules.
- Is the only person permitted to take any action, make a final decision or disqualify an athlete.

Chief Track Umpire

- Assists the Track Referee.
- Allocates Track Umpire positions evenly around the outside or inside of the track as required prior to the start of the event.
- Acknowledges signals received from the Track Umpires for the track event.
- Informs the Track Referee when any incidents or infringements occur.
- Collects the Umpire's Report Forms from the Track Umpires when necessary.

Track Umpires

- Move to the allocated position prior to the start of the track event.
- Ensure all track events are conducted fairly for all athletes.
- Ensure no rules are violated.
- Need to be decisive and consistent when forming judgments on violations.
- Report any incident or infringement of the rules to the Chief Track Umpire or Track Referee immediately.
- Raise a white flag to indicate no infringement and raise a yellow flag to indicate an infringement.
- Complete an Umpire's Report Form for the Track Referee when a report is made.
- Should not be afraid to report any infringement.

Track Umpire Principles

All track events

- Track Umpires have no power to disqualify an athlete.
- Track Umpires report rule infringements observed only in the allocated area.
- Track Umpires report if an athlete:
  - jostles, interferes with or impedes another athlete.
  - forces another athlete off the track.
  - voluntarily leaves the track.
- Any violation of the rules is reported by raising a yellow flag immediately. The flag is kept raised until acknowledged by the Chief Track Umpire or Track Referee.
- At the discretion of the Track Referee, an athlete may not be disqualified if the athlete:
  - is pushed or forced by another athlete to run outside the allocated lane provided no advantage is gained.
  - runs outside the allocated lane on the straight provided no athlete is obstructed or impeded.
  - runs over the outside line of the allocated lane on the bend provided no advantage is gained and no athlete is obstructed or impeded.

Laned events

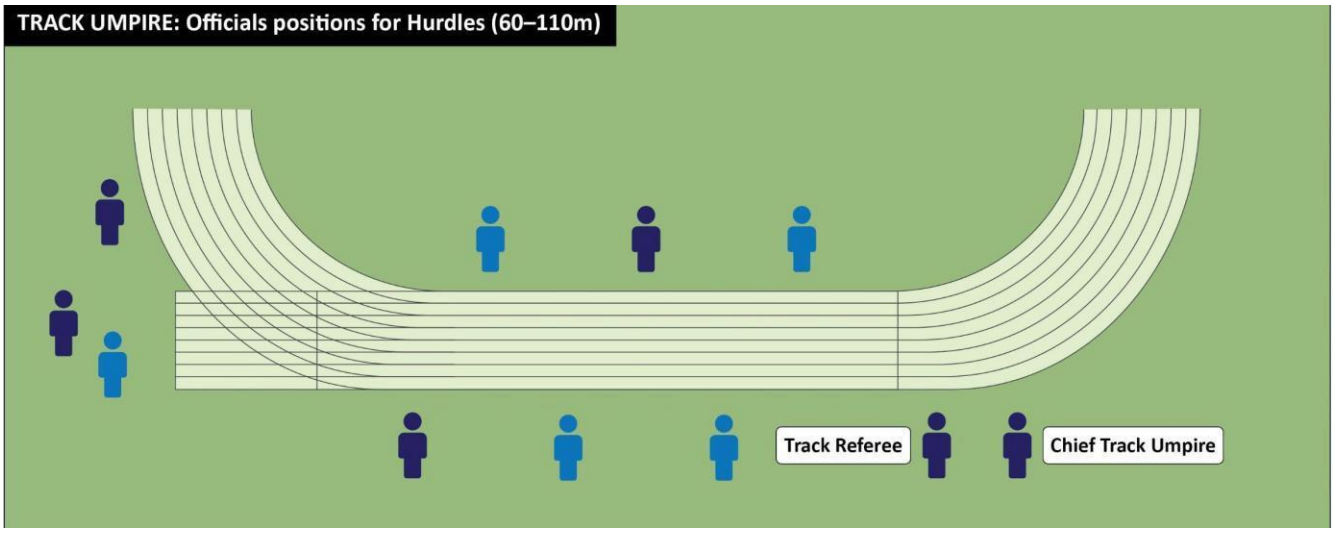
- In all track events up to and including 400m, each athlete must stay in the allocated lane for the entire event.
- Any portion of a track event run in lanes, each athlete must stay in the allocated lane up to and through the designated markers.
- Track Umpires report if an athlete:
  - runs on or over the inside line of the allocated lane.
  - runs out of the allocated lane.

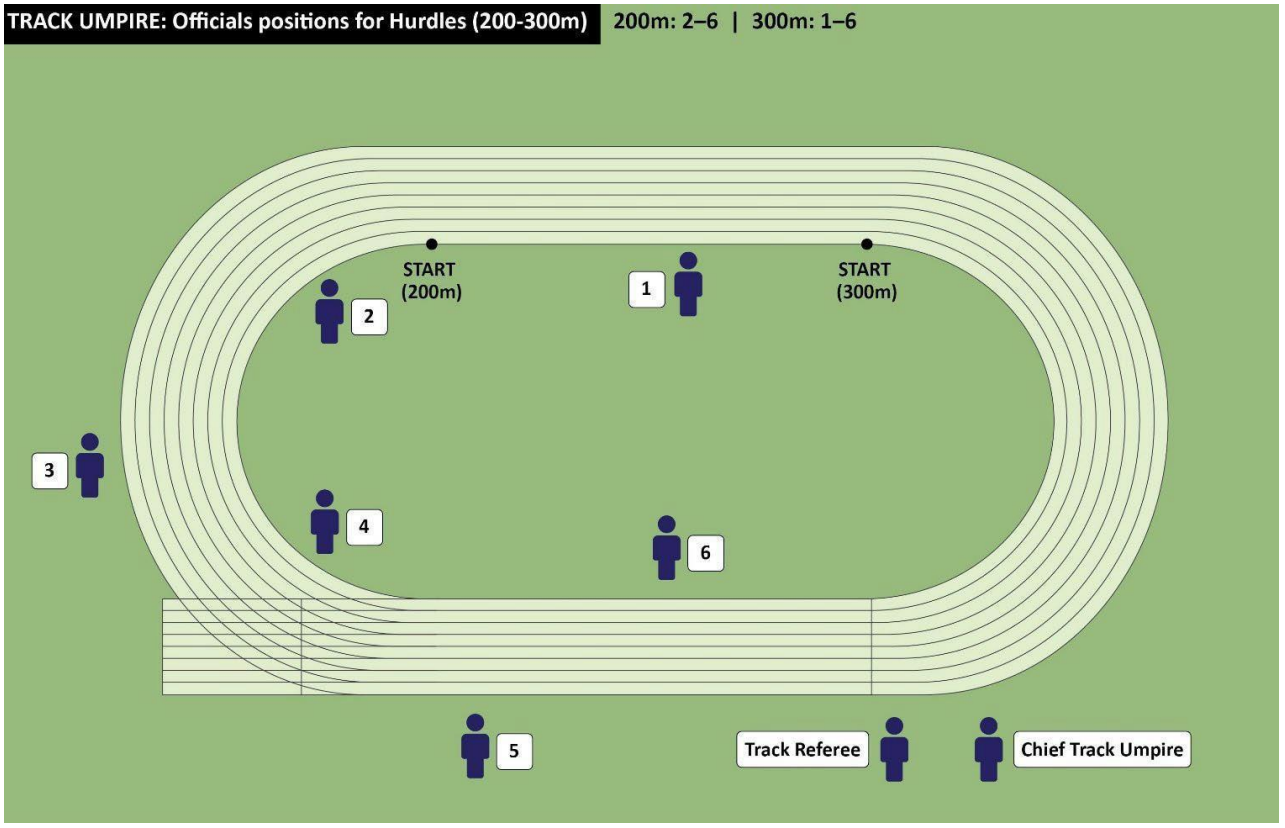
800m (laned start)

- In 800m events started in lanes, a break line is marked on the back straight of the track with small cones.
- Track Umpires are positioned at the break line and should ensure the break line is marked.
- Track Umpires report if an athlete:
  - runs out of the allocated lane before reaching the break line.
  - interferes with or impedes another athlete when crossing over after passing the breakline.

Hurdles

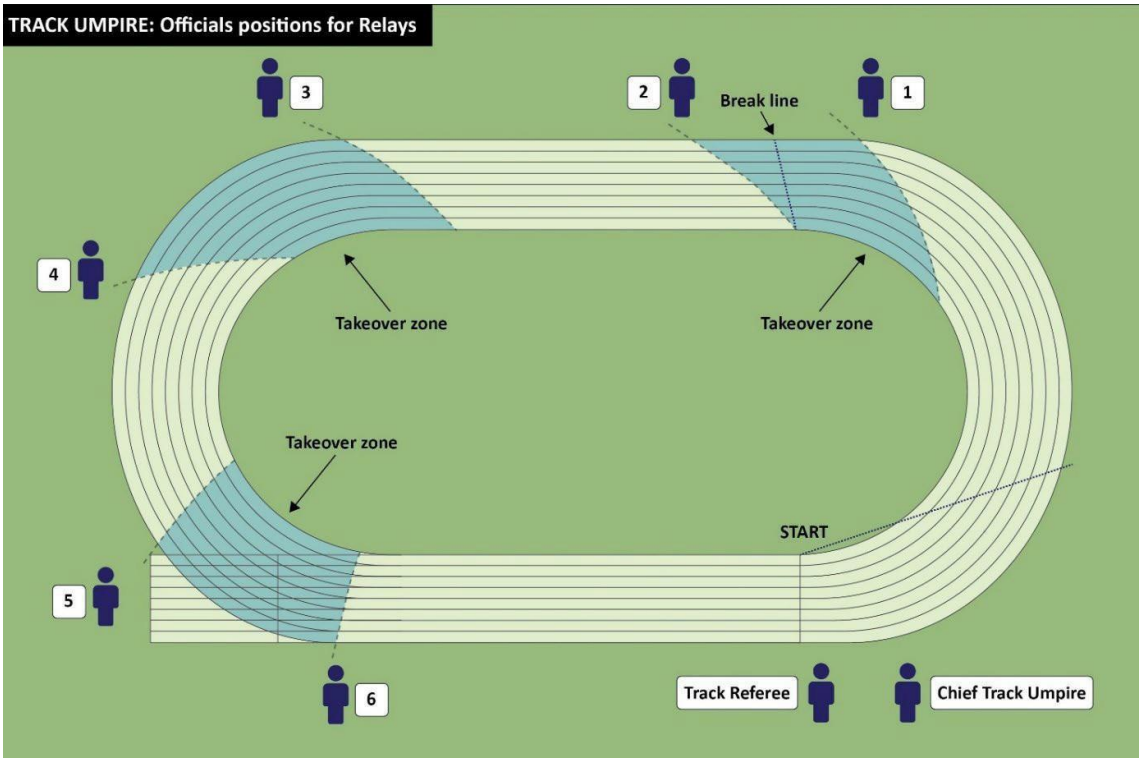
- Track Umpires stand near the hurdles on the inside and outside of the track to observe the clearance of the hurdles by the athletes.
- Athletes must clear the hurdles in the allocated lane, not go under or around the hurdles.
- Track Umpires report if:
  - either the lead leg or the trail leg of the athlete drops below the horizontal plane of the hurdle on clearance. Both legs must go over the hurdle.
  - an athlete straddles any hurdle in another lane.
  - an athlete straddles the trail foot or leg around the side of the hurdle.
  - an athlete deliberately knocks down hurdle(s) with their hand, body or upper side of the lead leg.





Relays

- Track Umpires are positioned at the start and the end of the takeover zone.
- Track Umpires ensure the athletes are in the allocated lanes at the takeover zone.
- Athletes may place one temporary marker on the track within the allocated lane. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Track Umpires signal to the Chief Track Umpire or Track Referee when the takeover zone is ready for the event to begin.
- Track Umpires ensure the outgoing athletes remain in the allocated lane within the takeover zone.
- Track Umpires report if:
  - where the athlete starts outside the takeover zone
  - an athlete receives assistance in the form of pacing, pushing off or any other method.
  - an athlete, in unlaned events, fails to maintain the change position order at the takeover zone. Athletes can shuffle across to the inside of the track as the outgoing athlete leaves the takeover zone.
  - an athlete interferes with or impedes another athlete when adjusting a running line in an unlaned event.
  - an athlete impedes the progress of another athlete by leaving the allocated lane and/or track after passing the relay baton.
- Track Umpires must ensure the relay baton is:
  - carried by hand throughout the entire event.
  - passed between athletes – not thrown.
  - received in the hand of the outgoing athlete.
  - exchanged within the takeover zone. Only the position of the relay baton is decisive, not the position of the body of the athlete.
- Track Umpires must ensure if the relay baton is dropped:
  - the athlete who drops the relay baton is responsible for the retrieval.
  - during the act of passing, the incoming athlete is responsible for the retrieval.
  - no other athlete is impeded.
  - the athlete may leave the allocated lane to retrieve the relay baton without impeding another athlete. The athlete must exit and re-enter at the same point on the track so as to not decrease the distance covered and to continue with the event.
- If an infringement occurs at the takeover zone, the Track Umpire raises a yellow flag immediately.
- If no infringement, the Track Umpire raises a white flag immediately after all outgoing athletes have received the relay baton and left the takeover zone.



Race Walking

- Track Umpires are only responsible for detecting violations of the track rules.
- Any incident or infringement of the track rules are reported to the Chief Track Umpire or Track Referee.
- Track Umpires are *not* Race Walk Judges.

Recording

- An Umpire's Report Form is completed for each infringement.
- The Umpire's Report Form provides all the relevant details including the lane number, athlete's number and Centre, a brief description of the infringement and rule number, if known. *(Usually only applied in competitions.)*

Safety

- Officials must check the track and nearby areas are clear of obstructions and hazards.
- Athletes and Officials must look both ways before crossing the track.
- Athletes need to be supervised when crossing the track.
- All hurdles must be facing the right way, at the appropriate height and placement for the age group.

RACE WALKING

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing foot must make contact with the ground before the rear foot leaves the ground. The advancing leg must be straightened, i.e., not bent at the knee, from the moment of first contact with the ground (heel of advancing foot) until the vertical upright position. This event is only offered to athletes in the U8 to U17 age groups.

Equipment

- Judging Summary Sheet
- Race Walk Judge's Record

Optional Equipment

- 6 yellow paddles/folders with symbols

Officials

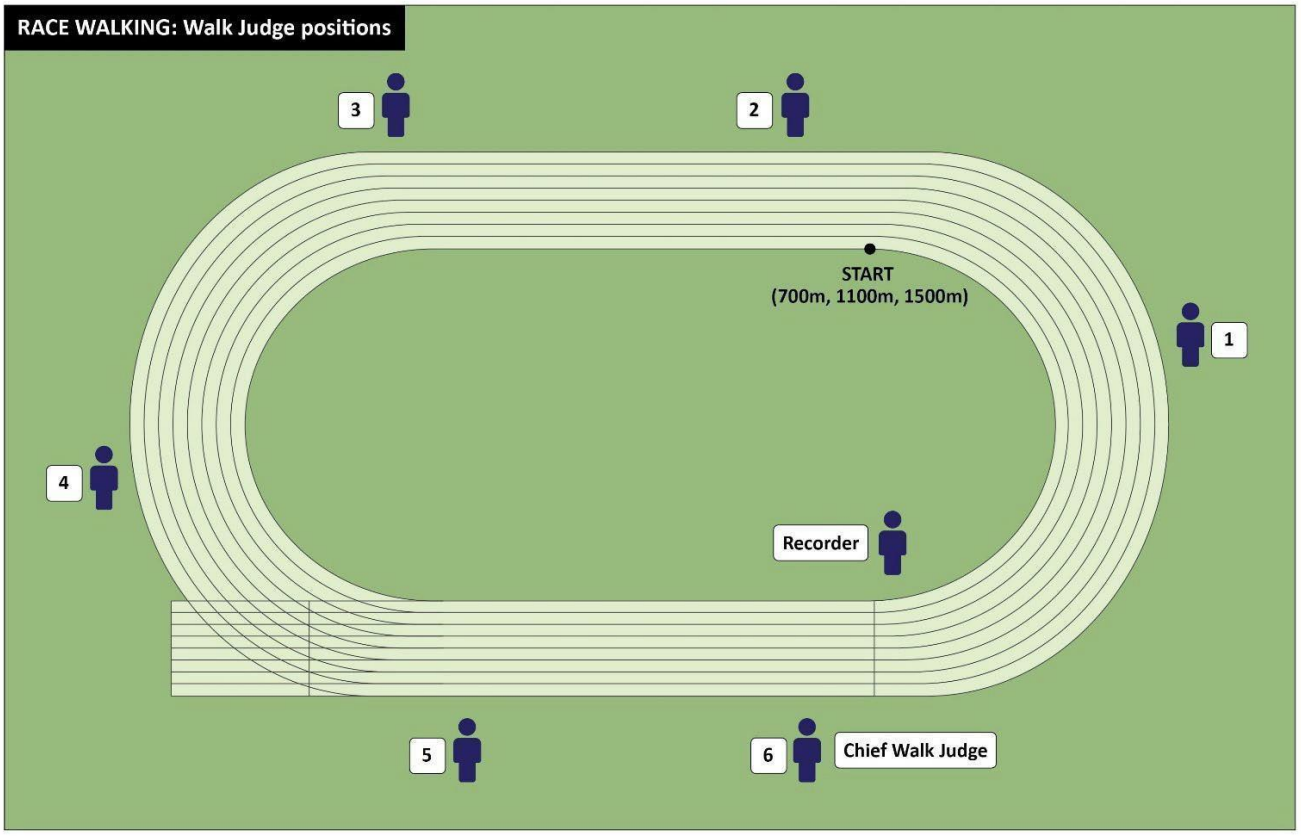
The preferred number of Officials required to conduct a Race Walking event is seven.

- Chief Walk Judge
- 5 Walk Judges
- Recorder

The Competition Manager may allow a Walk Judge with a conflict of interest in a Race Walking event, to act as a Walk Judge. A conflict of interest can be a coach, relative or protégé.

Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.



Chief Walk Judge

- Is the only person permitted to disqualify an athlete at the finish of the event for infringing the rules of Race Walking.
- Is responsible to answer queries from Track Officials and Walk Judges.
- Briefs Walk Judges prior to the start of the first Race Walking event.
- Allocates Walk Judge positions evenly around the outside of the track prior to the start of the event.
- Informs the athletes of the judging procedures prior to the start of the event.

- If necessary, judges the athletes at the start of the event, along the straight near the finish line and the finish of the event.
- Signs the Judging Summary Sheet after checking the results are correctly recorded and correspond with the Race Walk Judge's Records. *(not required at Centre level.)*
- Communicates with the Track Referee to advise of any athletes disqualified.
- De-briefs athletes regarding *Red Cards*, disqualifications and reasons for disqualifications at the finish of the event.
- De-briefs Walk Judges at the finish of the last Race Walking event.

Walk Judges

- Inform the Chief Walk Judge of any conflict of interest relating to any athletes prior to the start of the first Race Walking event.
- Can stand down for a particular event by notifying the Chief Walk Judge prior to the start of the first Race Walking event.
- Meet prior to the start of the first Race Walking event for briefing and position allocation by the Chief Walk Judge.
- Move to the allocated position prior to the start of the event.
- Judge from the outside of the track, moving no more than ten metres each way from the allocated position.
- Give verbal *Cautions (yellow paddle)* and *Red Cards* to athletes when necessary and record such on the Race Walk Judge's Record. No other verbal communication should be used.
- Need to be decisive and consistent when forming judgments based on observations by the human eye.
- Are not permitted to leave the allocated position, talk or communicate in any form with any other person, including other Walk Judges during the conduct of the Race Walking event.
- Complete and return, by way of a runner, the Race Walk Judge's Record to the Recorder at the finish of each event.
- Move to a central area for de-briefing at the finish of the last Race Walking event.

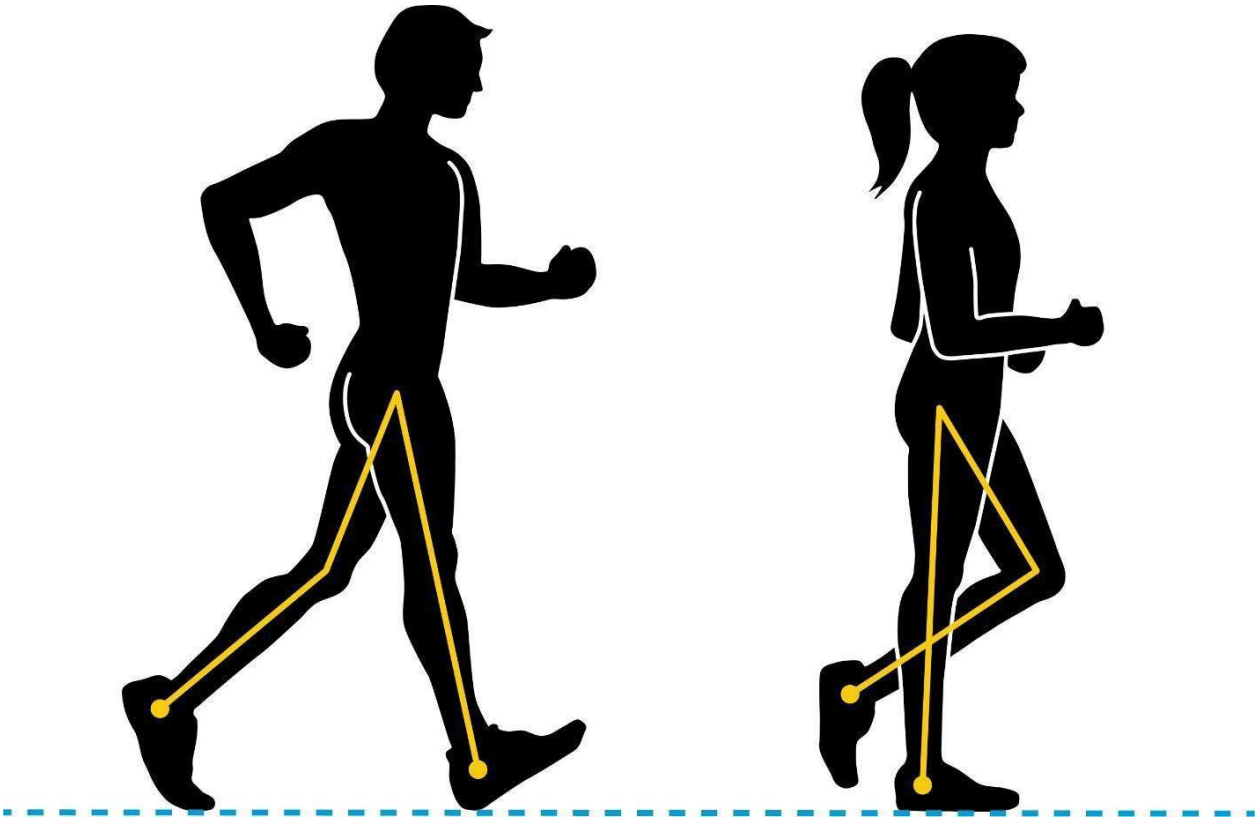
Recorder

- Completes the Judging Summary Sheet with the age group, athlete's name, hip numbers and event.
- Collates the results from the Race Walk Judge's Record onto the Judging Summary Sheet.
- Records the infringements as 'contact' (**~**) or 'knees' (**>**) in the appropriate *Caution* or *Red Card* column.
- Circles all *Red Card* infringements on the Judging Summary Sheet and totals the number of *Red Card* infringements for each athlete.
- Checks the results have been correctly recorded.
- Notes disqualifications on the Judging Summary Sheet.
- Completes the Judging Summary Sheet.
- Advises the Chief Walk Judge if any athletes have accumulated three or more *Red Card* infringements.
- Returns the Judging Summary Sheet and Race Walk Judge's Records to the appropriate area.

Race Walking Principles

- Walk Judges must act independently without conferring with any other person.
- Walk Judges are responsible for judging what is observed only in the allocated area.
- The two infringements of Race Walking are:
  - 'contact' (loss of contact) – when the athlete fails to have continuous contact with the ground. The athlete must have one foot on the ground at all times.
  - 'knees' (bent knee) – when the athlete fails to land with a straight leg on first contact with the ground (heel of advancing foot) until the vertical upright position.
- At Centre level, all reports are verbal. There are verbal and non-verbal reports at LAQ competitions.
- Only two reports are called to the athletes during a Race Walking event. These are either *Caution* or *Red Card* for 'contact' or 'knees'.
- A *Caution* is given by any Walk Judge when the athlete appears to be in danger of infringing the rules of Race Walking. A yellow paddle with the appropriate symbol for the infringement is shown.
- An athlete may be given two *Cautions*, one for 'contact' and one for 'knees', from each Walk Judge.
- A *Caution* has no bearing on disqualification.
- A *Red Card* is given by any Walk Judge when the athlete is infringing the rules of Race Walking.
- A Walk Judge may give only one *Red Card* to each athlete.
- If a Walk Judge has given a *Red Card* to an athlete, no further *Caution* or *Red Card* can be called to that athlete.
- A *Red Card* from any three Walk Judges or from the Chief Walk Judge and two Walk Judges disqualifies an athlete from the event.

- The athlete is addressed by the hip number, using the words *Caution* or *Red Card* and giving thereason, e.g. number 6 - *Red Card* - knees.
- All *Caution* and *Red Card* reports should be loud and clear. A report can be repeated at the next suitable opportunity, if the Walk Judge is unsure whether the athlete heard thereport.
- Reports must not constitute coaching.
- All *Caution* and *Red Card* reports are recorded on the Race Walk Judge'sRecord.
- The decisions of the Walk Judge panel are final.
- Walk Judges are not responsible for detecting any violation of the trackrules.



Correct technique

Recording

- A Race Walk Judge's Record is completed for each Race Walking event.
- The Race Walk Judge's Record provides all the relevant details including hip number, infringement and event details. *(Usually only applied at competitions.)*
- The following symbols are used by Walk Judges:

Loss of contact

Bent knees

Alternate Race Walking Inclusion

Centres looking to develop or incorporate Race Walking into the Centre program that do not necessarily have the resources to do so, could consider using the processes outlined in the paper found through this link.

HIGH JUMP

The High Jump event area consists of an approach area, two uprights, a crossbar and landing mats. The athlete must run up from the approach area, take-off from one foot, jump over the crossbar supported between two uprights and land on the landing mats, without causing the crossbar to fall off the uprights. Correct size landing mats are used for the different jump techniques to ensure the proper landing procedure. This event is only offered to athletes in the U8 to U17 age groups.

Equipment

- Appropriate landing mats
- 2 uprights on bases
- 1 crossbar
- 1 measuring stick
- Runway markers
- 1 x 30m measuring tape (to measure run-up)
- 2 flags (1 white, 1 red – usually only for LAQ Carnivals and Championships)
- Stopwatch (usually only for LAQ Carnivals and Championships)

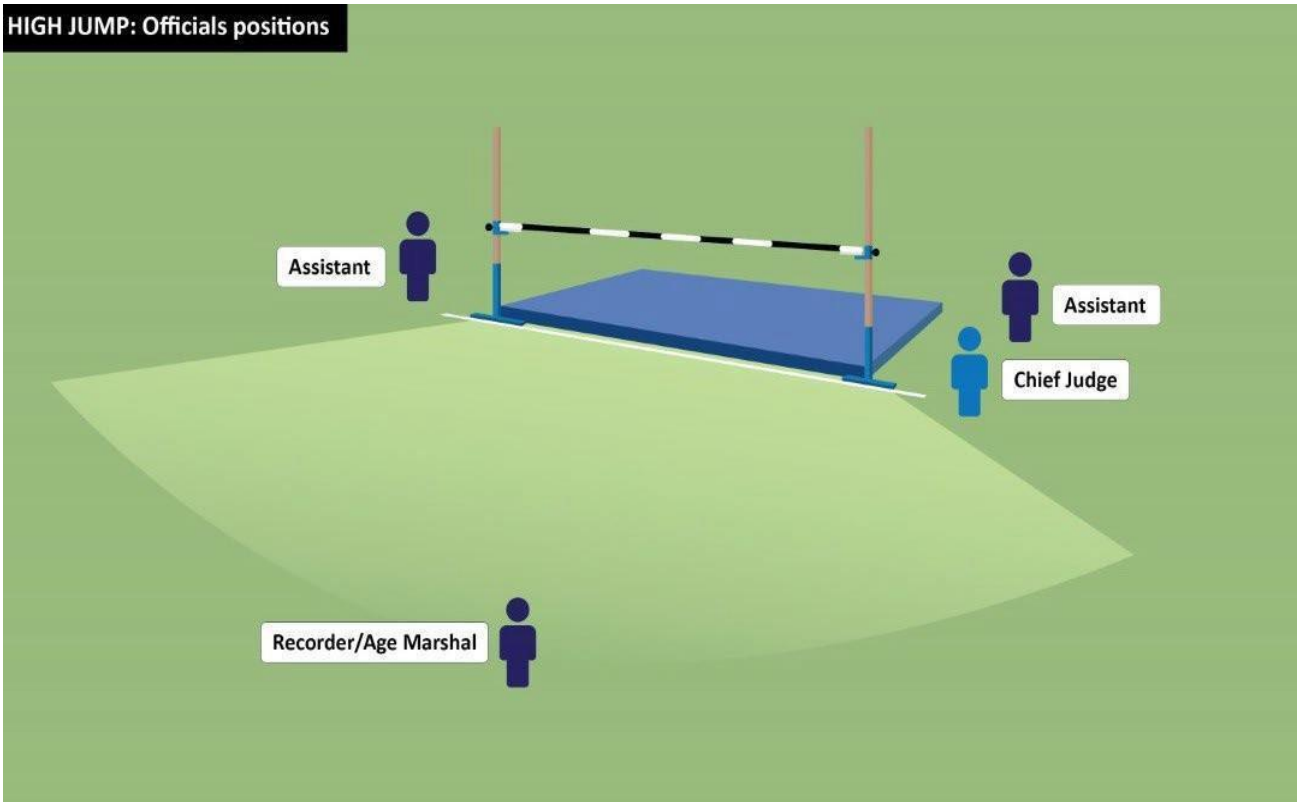
Ages

U8 to U10 Scissor mats - scissor technique *only*
U11 to U17 Flop mats – any legal jump technique (including scissor and Fosbury Flop)

Officials

The preferred number of Officials required to run the High Jump is four.

- Chief Judge
- 2 Assistants
- Recorder/Age Marshal



Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Judge

- Stands in line with the uprights.
- Sets the crossbar at an appropriate height.
- Measures the height of the crossbar at each end near the upright and the centre prior to the start of each round.
- Calls the height to the Recorder.
- Informs the athletes of the starting height; and at the start of each round informs the athletes of all subsequent heights the crossbar is raised.
- Determines if the trial is valid, according to the rules.
- Raises a white flag to indicate a valid jump and raises a red flag to indicate afailure.
- When all athletes have completed their first attempt, lets the athletes with first attempt failures try again.
- Allows any athletes with second attempt failures try the third and final attempt.
- Checks the high jump recording form when the event is completed. *(not required at Centre level.)*

Assistants

- Stand one at each of the uprights, well clear as to not distract the athlete.
- Ensure the uprights and support brackets are level.
- Assist with raising the crossbar to the correct height.
- Steady the crossbar if instructed by the Chief Judge.
- Return the crossbar to the support brackets each time the crossbar becomes dislodged.

Recorder/Age Marshal

- Supervises the group of athletes.
- Calls the athletes for their trials in the order listed on the high jump recording form.
- Repeats the measured height back to the Chief Judge and records the measured height each time the crossbar is raised.
- Completes the high jump recording form.
- Records each athlete's best height cleared on the high jump recording form.

High Jump Principles

- The scissor and Fosbury Flop are the common techniques used in High Jump.
- Athletes in the U8 to U10 age groups must use the scissor technique *only*.
- Athletes in the U11 to U17 age groups have the option to use any legal jump technique where flop mats are provided.
- At Centre level, there is no specific starting height. It should be set at a height all athletes can achieve. There are starting heights at LAQ competitions.
    - Centres may adopt other such increments or rules for high jump as agreed e.g. adopt carnival rules, relay increments, have maximum total failures and have maximum total number of attempts
- An athlete may approach the crossbar from any angle but must take-off from one foot only, regardless of technique.
- Athletes may use the approach area to ascertain their run-up starting point before the event begins.
- Athletes may place one or two temporary markers alongside the run-up. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Practice trials are allowed but once the event begins athletes are not permitted to use the run-up or landing mats for practice.
- The Official responsible for High Jump shall indicate to the athlete that all is ready for the trial to begin.
- The timing of a trial shall commence from the time the athlete's name is called. The time allowed for a High Jump trial is one minute.
    - when only two or three athletes remain in the event, the time allowed for a High Jump trial is one and a half minutes and when only one athlete remains the time increases to three minutes. *(Usually only applied at competitions.)*
    - if no rules are infringed, a trial may be interrupted. An interrupted trial must recommence within the time allowed from the start of the original trial.
    - if the time allowed elapses once the athlete has commenced their trial, that trial should be allowed.
    - if an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.

- Each athlete has three attempts to clear the height.
  - when all athletes have either completed or passed their first attempt, the athletes with first attempt failures try again.
  - any athletes with second attempt failures try the third and final attempt.
  - three failures at the one height eliminates the athlete from the event.
  - three consecutive failures, regardless of the height, eliminates the athlete from the event.

The failure rule may vary between competitions.

- If the crossbar is cleared on the first or second attempt, the athlete must wait until the crossbar is raised before the next trial is attempted.
- The crossbar is raised after each round.
- An athlete may commence jumping at, or above, the starting height.
- An athlete may choose not to jump a particular height. This is a pass not a failure. A pass may be made after a failure.
- An athlete foregoing (passing) a trial at a certain height may not make any subsequent trials at that height.
- The trial is complete when the Chief Judge indicates a valid jump or failure.
- The crossbar is never lowered.
- An athlete returning from another event must rejoin the event at the current height.
- Increments for raising the crossbar are 5cm until six athletes remain in the event, then not less than 2cm until only one athlete remains. The last remaining athlete in the event, in consultation with the Chief Judge, may choose the increments - not less than 1cm.
- The increment for raising the crossbar should never increase unless the last remaining athlete agrees to raise the crossbar directly to the record height.
- If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- Breaching the competition rules constitutes a failure.

It shall be a ***valid jump*** if:

- The crossbar dislodges from the support brackets during the attempt without being knocked by an athlete,
  e.g. strong wind.

For the scissor technique *(onto scissor mats only):*

- The head of the athlete does not go over the crossbar before the lead foot, i.e. the foot closest to the crossbar at take-off.
- The head of the athlete is not below the buttock when the buttock clears the crossbar.
- The lead foot touches the landing mats before any other part of the body.
- The athlete attempts to land on one foot.

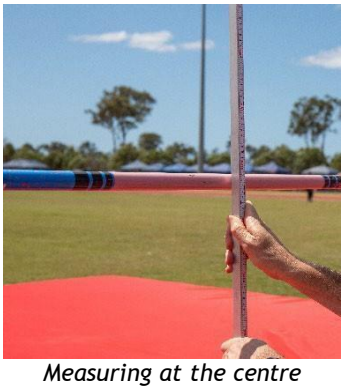
It shall be a ***failure*** if:

- Any type of somersaulting is used.
- An athlete takes off from two feet - only one foot take-off allowed.
- An athlete touches the ground including the landing mats beyond the plane of the nearer edge of the bar, either between or outside the uprights with any part of their body, without first clearing the crossbar.
- An athlete touches the crossbar or the uprights when running up without jumping.
- An athlete knocks the crossbar and before dislodging, the athlete takes hold and replaces the crossbar.
- In the opinion of the Chief Judge, the athlete knocks the crossbar off the uprights regardless of whether the athlete is on or off the landing mats.

Measuring and Recording

- The correct method for setting the height of the crossbar is to first set and measure at each end near the upright, then measure the centre of the crossbar for the height to berecorded.
- The measurement is made with a measuring stick held perpendicular from the ground to the upper side (top) of the crossbar at:
  - each end near the upright to ensure the crossbar is level, and
  - the lowest point of the crossbar, usually the centre of the crossbar due to sag.

Measuring at the uprights.



Measuring at the centre of the crossbar.

- The measurement of a new height is taken when the crossbar is raised after each round and before athletes attempt the height.
- Measurements are recorded in whole centimetres, e.g. 1.35.
- When recording:
  O = valid trial X = failure – = pass
- Recording a count back is only required when placings are given. At Centre level, this is notnecessary.

Safety

- Officials must be aware of current weather conditions.
- Officials must check the High Jump event area is clear of obstructions and hazards.
- Landing mats are placed on a flat, even area.
- Uprights are placed in front of the landing mats, allowing 10cm to avoid displacement through movement of the landing mats during a jump.
- Crossbar support brackets must face each other and not face towards the front or back of the landing mats.
- The space between the end of the crossbar and uprights should be 1cm (one fingerspace).
- Landing mats must be covered with a one piece cover or strapped together.
- Officials must check the landing mats regularly to ensure there are nogaps.
- Athletes and Officials must stand well clear of the uprights and landing mats while the event is in progress.
- Trials are only allowed under supervision.
- Officials should advise athletes to clear the crossbar in the centre, not near the uprights, and to land in the centre of the landing mats.
- A flexible foam crossbar may be used for the younger age groups or in the initial stages of learning.

LONG JUMP AND TRIPLE JUMP

LONG JUMP

The Long Jump event area consists of a runway, a take-off area and a landing area (sand pit). The athlete must run up along the runway to the take-off area, jump into the air to land in the landing area. This event is offered to athletes in the U6 to U17 age groups.

TRIPLE JUMP

Triple Jump uses the same event area and basic rules and measured the same way as Long Jump. Triple Jump has three distinct stages, 'hop, step and jump', performed in a continuous action. The athlete must execute the 'hop, step and jump' in that particular order. This event is only offered to athletes in the U11 to U17 age groups.

Equipment

- Appropriate runway
- Take-off mat and boards
- Landing area
- 1 x 15m measuring tape
- 1 measuring spike
- Runway markers
- 1 x 30m measuring tape (to measure run-up)
- Witches hats (to indicate nominated take-off board)
- 1 rake
- 1 long handled shovel
- 1 watering can/spray bottle
- Banister brush/broom (tosweep the take-off mat or board)
- 2 flags (1 white, 1 red – usually only for LAQ Carnivals and Championships)
- Stopwatch (usually only for LAQ Carnivals and Championships)

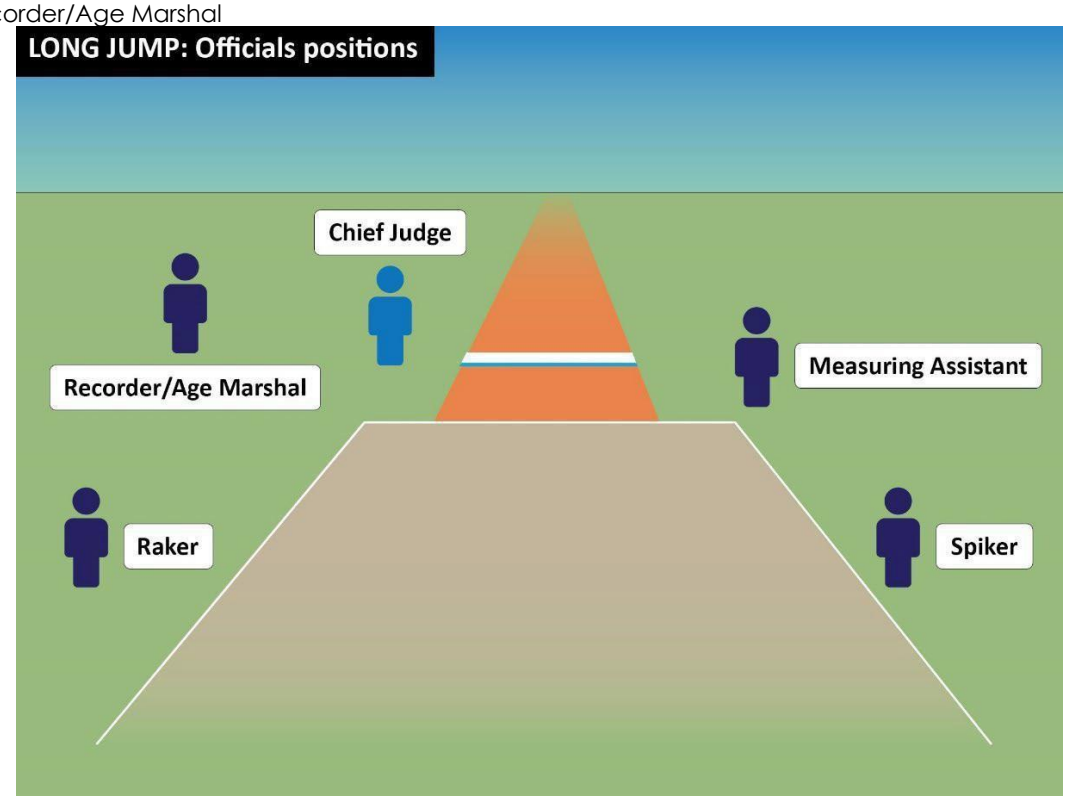
Ages

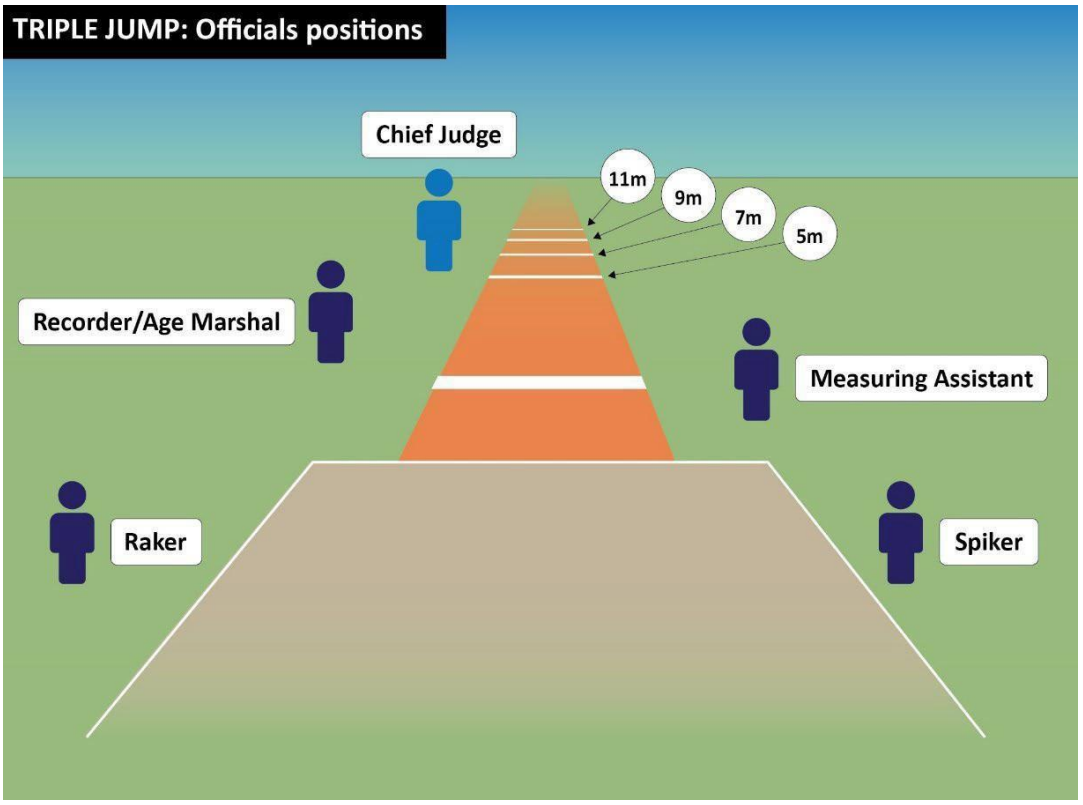
U6 to U10	Long Jump only: Use a take–off mat covered with sand
U11 to U17	Long and Triple Jump: Use a take-off board

Officials

The preferred number of Officials required to run the Long Jump/Triple Jump is five.

- Chief Judge
- Spiker
- Measuring Assistant
- Raker
- Recorder/Age Marshal





Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Judge

- Stands in line with the take-off mat or board.
- Watches for foot fouls.
- Determines if the trial is valid, then measures the jump according to the rules.
- Raises a white flag to indicate a valid jump and raises a red flag to indicate a failure.
- Reads the measuring tape and calls the distance to the Recorder.
- After the distance is read, ensures the sand on the take-off mat and landing area is smooth ready for the next athlete.
- In *Triple Jump*, watches for the correct sequence of the 'Hop – Step - Jump'.
- Checks the field event recording form when the event is completed. *(not required at Centre level.)*

Spiker

- Stands alongside the landing area.
- Places the measuring spike and the zero end of the measuring tape/*EDM** prism at the appropriate place in the landing area, after the athlete has left the landing area.
- Removes the measuring spike only after the Chief Judge has indicated all is clear.

Electronic Distance Measurement (EDM) is an electronic device used for measuring the distance between two points by emitting a laser or electromagnetic beam.

Measuring Assistant

- Stands alongside the runway near the take-off area, opposite the Chief Judge.
- Sprinkles sand onto the take-off mat to a depth of about 1cm, prior to the start of theevent.
- Pulls the measuring tape through the take-off area for the distance to be read.
- Brushes the sand on the take-off mat after each jump is measured to erase all footprints.
- Dampens the sand using a watering can/spray bottle when necessary.

Raker

- Stands alongside the landing area.
- Rakes the sand in the landing area until level before the event begins and after each jump is completed, measured and recorded.

Recorder/Age Marshal

- Supervises the group of athletes.
- Calls the athletes for their trials in the order listed on the field event recording form.
- Repeats the measured distance back to the Chief Judge.
- Completes the field event recording form.
- Circles each athlete's best jump on the field event recording form.

Long Jump and Triple Jump Principles

- Athletes in the U6 to U10 age groups must use a take-off mat.
- Athletes in the U11 to U17 age groups must use a take-off board.
- The take-off mat may be moved closer to the landing area for the younger age groups.
- Athletes may use the runway to ascertain their run-up starting point before the event begins.
- Athletes may place one or two temporary markers alongside the runway. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Practice trials are allowed but once the event begins athletes are not permitted to use the runway or landing area for practice.
- The Official responsible for Long Jump and *Triple Jump* shall indicate to the athlete that all is ready for the trial to begin.
- The timing of a trial shall commence from the time the athlete's name is called. The time allowed for a Long Jump or *Triple Jump* trial is one minute. *(Usually only applied at competitions.)*
    - if no rules are infringed, a trial may be interrupted. An interrupted trial must recommence within one minute of the start of the original trial.
    - if the time allowed elapses once the athlete has commenced their trial, that trial should be allowed.
    - if an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
- Each athlete is allowed three trials, but the trials must not be consecutive. However, at the discretion of the Chief Judge, more than one trial may be taken in one round.
- The take-off foot of the athlete must be on or behind the take-off mat or board.
- In *Triple Jump*, the athlete must take-off from one foot.
- An athlete must finish the landing phase in the landing area.
- An athlete when leaving the landing area, the first contact by foot outside the landing area is forward of the nearest break in the landing area made by the jump.
- In *Triple Jump*, the preferred positions for the take-off boards are 5m, 7m, 9m, 11m and 13m from the nearer edge of the landing area.
- In *Triple Jump*, at Centre level only, a take-off board may be positioned 3m to 4m from the nearer edge of the landing area.
- In *Triple Jump*, an athlete may change take-off boards during the course of the event by notifying the Chief Judge and/or Recorder prior to the start of the next jump.
- In *Triple Jump*, witches hats may be placed next to the athlete's nominated take-off board.
- In *Triple Jump*, the trial must comply with the following sequence: 'Hop – Step –Jump'.
    - hop – take-off from the take-off board on one foot and land on the same foot,
    - step – take-off from the same foot and step onto the other foot,
    - jump – jump forward to land in the landing area.
- The trial is complete when the athlete leaves the landing area.
- If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- Breaching the competition rules constitutes a failure.

It shall be a ***valid*** *jump* if:

- An athlete runs outside the lines marking the runway.
- An athlete takes off before reaching the take-off mat or board.
- In *Triple Jump*, the 'sleeping' leg touches the ground during the trial.

It shall be a ***failure*** if:

- Any type of somersaulting is used.
- Any part of the take-off foot of the athlete protrudes over the front edge of the take-off mat orboard.
- An athlete takes off from outside either end of the take-off mat or board whether before or beyond the take-off line extension.
- An athlete touches the ground beyond the take-off line with any part of the body, whether running up without jumping or in the act of jumping.
- An athlete fails to land in the landing area – landing on the runway constitutes afailure.
- In the course of landing, the athlete touches, with any part of the body or limbs, the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- After completing a jump, the athlete walks back through the landing area towards the take-offarea.
- In *Triple Jump*, the 'hop' or 'step' lands in the landing area before the 'jump'.

A valid take-off.

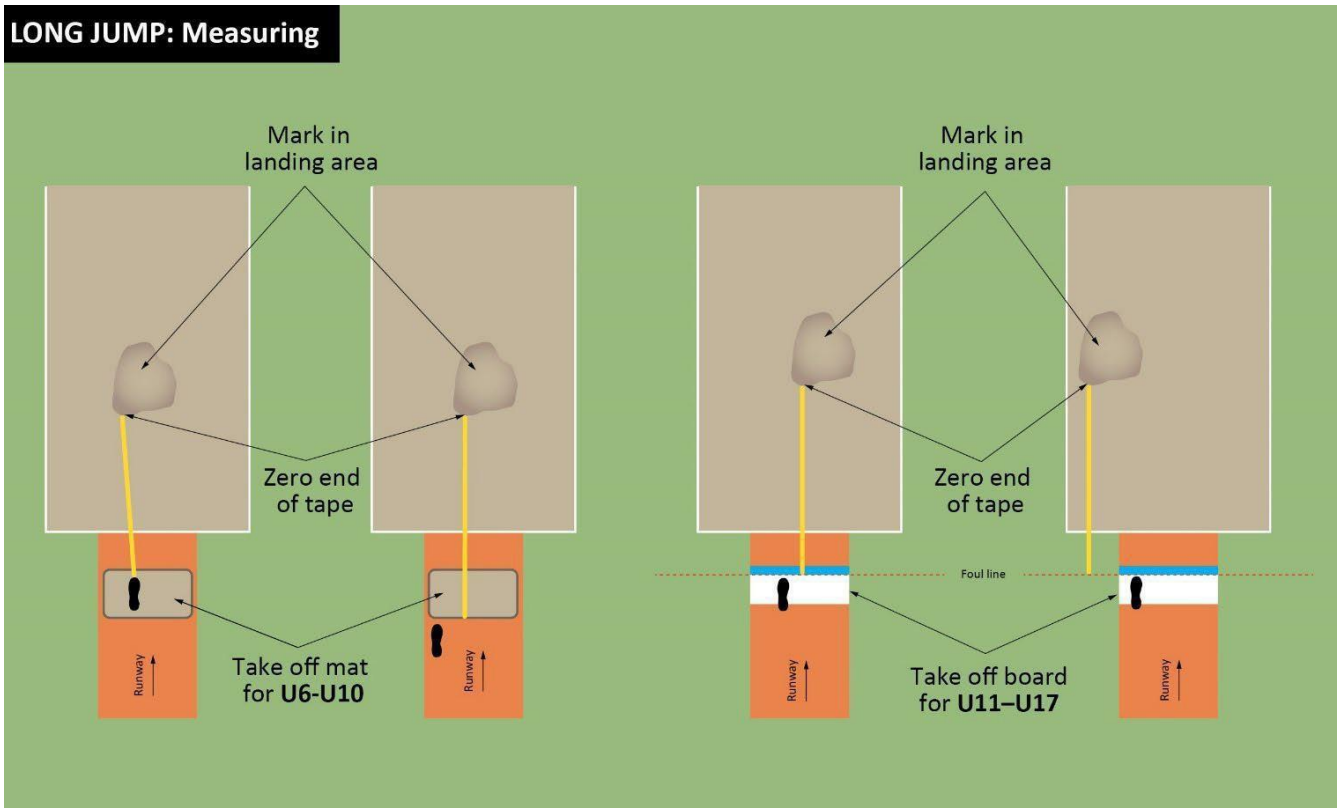
A failure.

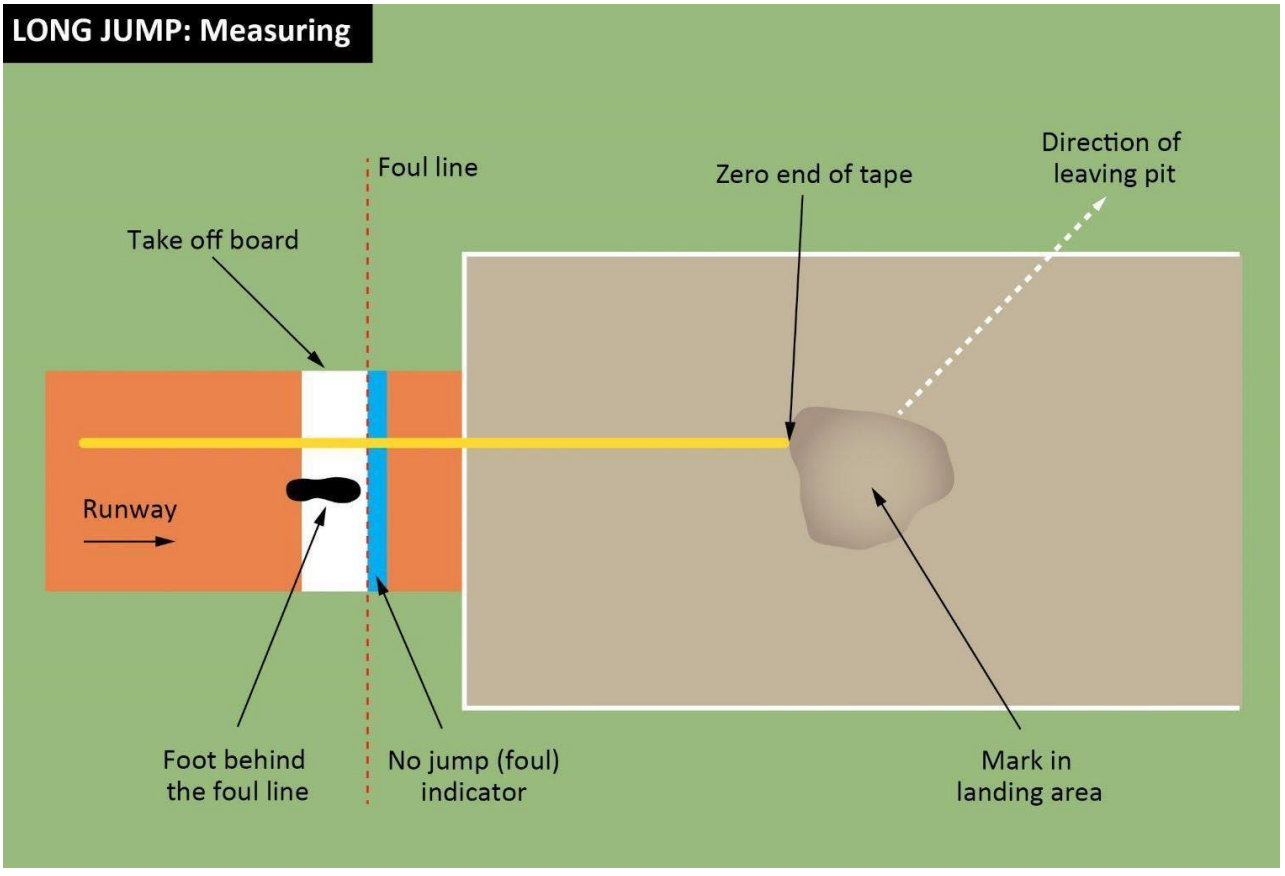
Take-Off Areas, Measuring and Recording

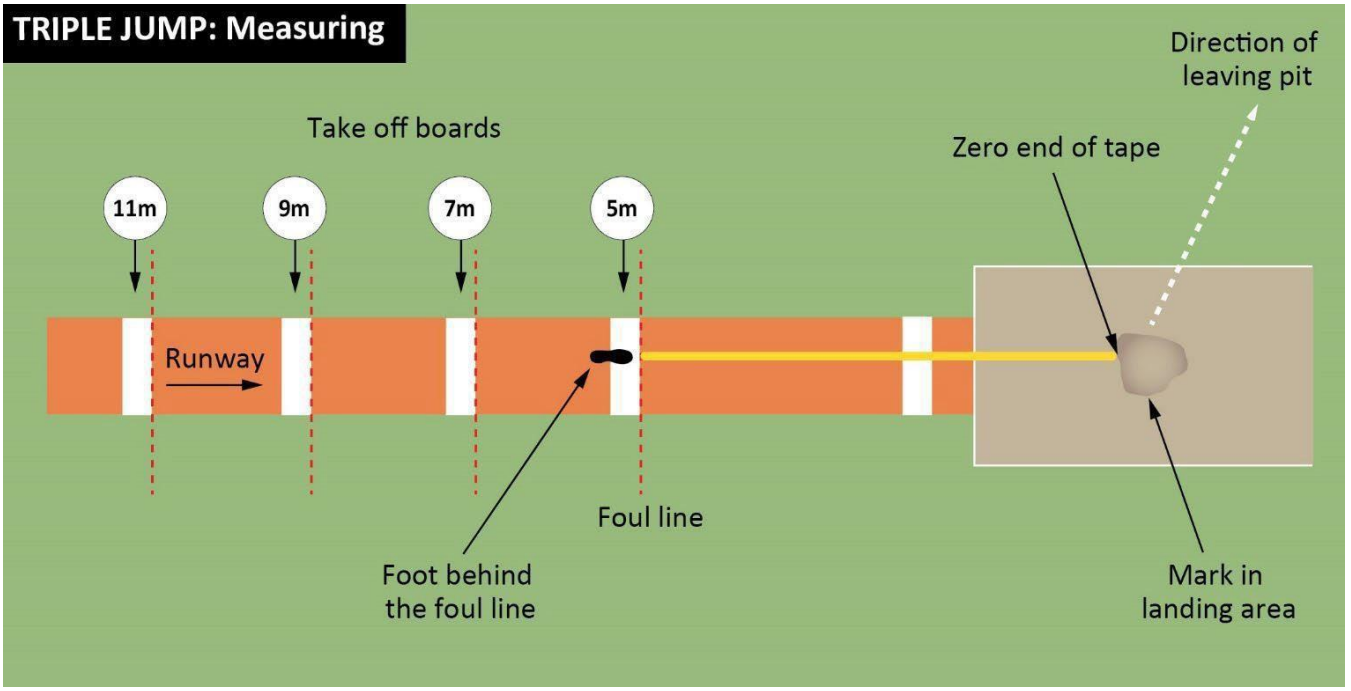
- From the take-off mat (U6 to U10)
  - The measurement is taken from the nearest break in the landing area* to the front of the imprint made on the take-off mat by the take-off foot.
  - If an athlete takes off before reaching the take-off mat, the measurement is taken from the nearest break in the landing area* to the back edge of the take-off mat. The measurement is taken perpendicular to the back edge of the take-off mat or take-off lineextension.
- From the take-off board (U11 to U17)
  - The measurement is taken perpendicular from the nearest break in the landing area* to the front edge of the take-off board or take-off line extension. In *Triple Jump*, measurements are taken to the take-off board nominated by the athlete i.e. 5m, 7m, 9m, 11m or13m.
  - If an athlete takes off before reaching the take-off board, the measurement is taken perpendicular from the nearest break in the landing area* to the front edge of the take-off board or take-off line extension.

The feet of the athlete may not necessarily make the break in the landing area. If an athlete overbalances, the nearest break in the landing area may be made by any part of the body or limbs.

- The measuring spike (zero end of the measuring tape)/EDM prism is placed at the nearest break in the landing area made by any part of the body or limbs to the take-offarea.
- The measuring tape is pulled through to the take-off point. It should be pulled back straight andtight.
- Measurements are recorded to the nearest whole centimetre below the actual distance jumped e.g. 4.526 is recorded as 4.52.
- When recording:
  [X] = failure [–] = pass
- Placings are not required at Centre level.


LONG JUMP: Measuring
Mark in landing area
Zero end of tape
Runway
Take off mat for U6-U10
Runway
Mark in landing area
Zero end of tape
Foul line
Runway
Take off board for U11–U17
Runway


LONG JUMP: Measuring
Foul line
Zero end of tape
Direction of leaving pit
Take off board
Runway
Foot behind the foul line
No jump (foul) indicator
Mark in landing area



Safety

- Officials must check the Long Jump/*Triple Jump* event area is clear of obstructions andhazards.
- Before the event begins, the landing area must be dug to loosen, turned and levelled, and free of debris.
- Officials must ensure rakes and shovels are left out of harm's way with the prongs in the ground when not in use.
- The landing area should be level with the runway.
- The runway must be a firm and even surface.
- Take-off boards must be flush with the ground and take-off mats secured firmly to the ground.
- The runway must be closed between trials, e.g. Chief Judge stands or places a witches hat in the take- off area while the landing area is being prepared.
- Officials must ensure all athletes can reach the landing area safely.
- Sand needs to be dampened if dry.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the landing area is clear before proceeding.

DISCUS

The Discus event area consists of a throwing circle surrounded by a cage/net and a landing area (sector). A discus is a rubber/synthetic compound disc or a wooden and metal disc. Its weight and size varies according to the age of the athlete. It is thrown from within the throwing circle.

Equipment

- Throwing circle within a cage/net
- Marked landing sector
- 1 x 50m measuring tape
- 1 measuring spike
- Discus - at least two of each weight (i.e. 350g, 500g, 750g, 1kg, 1.5kg)
- 2 flags (1 white, 1 red – usually only for LAQ Carnivals and Championships)
- Cloth (to wipe and clean the discus)
- Stopwatch (usually only for LAQ Carnivals and Championships)

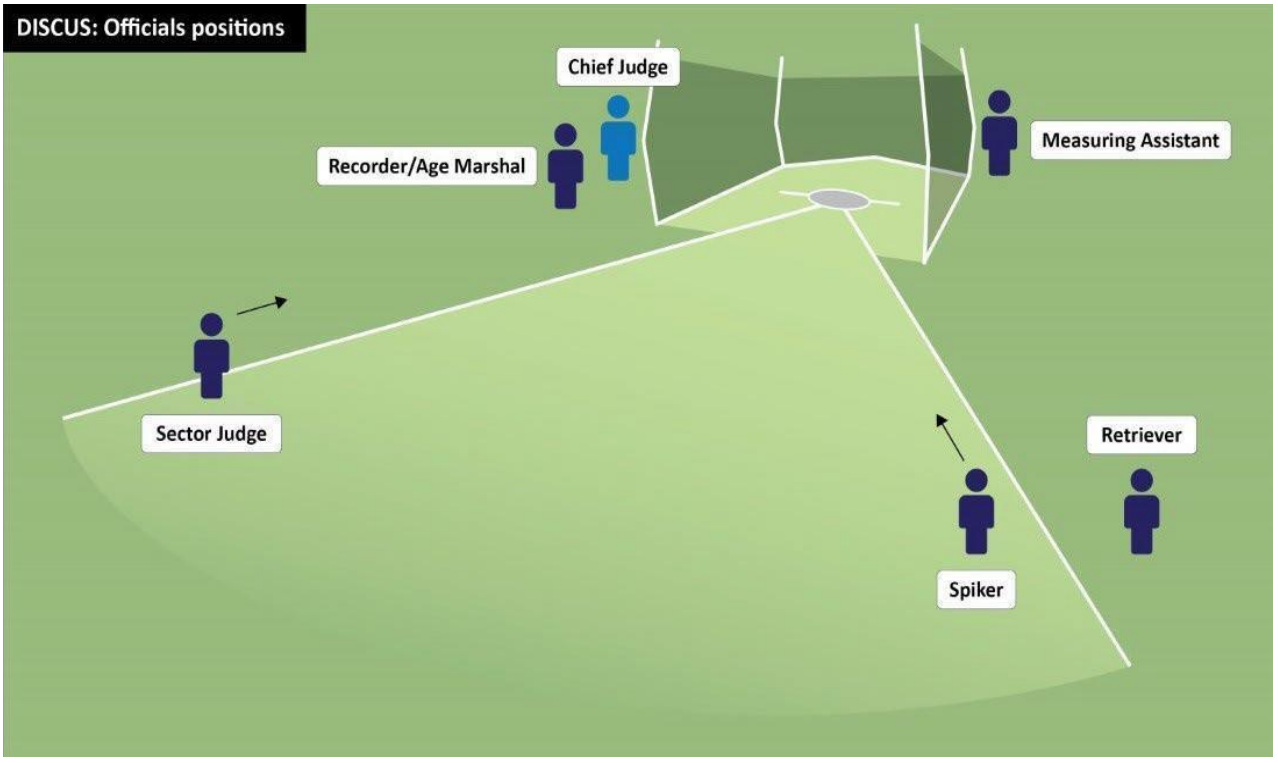
Ages and Weights

U6 to U7	350g
U8 to U11	500g
U12 to U13	750g
U14 to U16, U17 Girls	1kg
U17 Boys	1.5kg

Officials

The preferred number of Officials required to run the Discus is six.

- Chief Judge
- Sector Judge
- Spiker
- Measuring Assistant
- Recorder/Age Marshal
- Retriever



Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Judge

- Stands at the throwing circle, outside of the cage/net.
- Watches for foot fouls.
- Determines if the trial is valid, then after receiving an indication from the Sector Judge, measures the throw according to the rules.
- Raises a white flag to indicate a valid throw and raises a red flag to indicate afailure.
- Reads the measuring tape and calls the distance to the Recorder.
- Checks the field event recording form when the event is completed. *(not required at Centre level.)*

Sector Judge

- Stands inside the sector in a safe position facing the throwing circle.
- Determines the fairness of the throw.
- Watches the sector lines and assists in determining the point of landing.
- Raises an outstretched arm, parallel to the ground, to indicate the discus has landed on or outside the sector line.

Spiker

- Stands inside the sector in a safe position facing the throwing circle, being vigilant at all times.
- Determines where the discus first strikes the ground.
- Places the measuring spike and the zero end of the measuring tape/*EDM** prism at the appropriate place in the ground.
- Removes the measuring spike only after the Chief Judge has indicated all is clear.

Electronic Distance Measurement (EDM) is an electronic device used for measuring the distance between two points by emitting a laser or electromagnetic beam.

Measuring Assistant

- Stands at the throwing circle, outside and to the rear of the cage/net.
- Pulls the measuring tape through the centre of the throwing circle and under the cage/net for the distance to be read.

Recorder/Age Marshal

- Supervises the group of athletes.
- Calls the athletes for their trials in the order listed on the field event recording form.
- Repeats the measured distance back to the Chief Judge.
- Completes the field event recording form.
- Circles each athlete's best throw on the field event recording form.

Retriever

- Returns the discus to the throwing area.

Discus Principles

- There is no specific rule governing how the discus may be released. A few styles of throwing may be encountered – a single handed under arm throw, a bowling action over the head, a double handed throw, rotation.
- All throws must be made from within the cage/net to ensure the safety of athletes, Officials and spectators.
- Athletes may place one temporary marker on the ground behind or adjacent to the throwing circle for the duration of the athlete's trial. No markers are allowed in or beside the sector. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Practice trials are allowed but once the event begins athletes are not permitted to use the discus, throwing circle or sector for practice.
- The Official responsible for Discus shall indicate to the athlete that all is ready for the trial to begin.

- The timing of a trial shall commence from the time the athlete's name is called. The time allowed for a Discus trial is one minute. *(Usually only applied at competitions.)*
  - if no rules are infringed, a trial may be interrupted. The discus may be laid down inside or outside the throwing circle and the athlete may leave the throwing circle before returning to the stationary position to restart the trial. An interrupted trial must recommence within one minute of the start of the original trial.
  - if the time allowed elapses once the athlete has commenced their trial, that trial should be allowed.
  - if an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
- Each athlete is allowed three trials, but the trials must not be consecutive. However, at the discretion of the Chief Judge, more than one trial may be taken in one round.
- An athlete may enter the throwing circle from any direction.
- An athlete when leaving the throwing circle, the first contact outside the throwing circle is behind the centre line extension.
- An athlete must commence the trial from a stationary position within the throwing circle.
- The first point of impact of the discus must be entirely within the sector lines.
- The athlete must not leave the throwing circle until the discus has landed.
- The trial is complete when the athlete leaves the throwing circle.
- If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- Breaching the competition rules constitutes a failure.

It shall be a ***valid*** throw if:

- An athlete drops the discus and it does not touch the ground outside the throwing circle. The athlete can retrieve the discus and continue the trial within the allocated time.
- An athlete, after commencing a trial, touches the inside of the rim of the throwing circle.
- The discus hits the cage/net and lands within the sector lines.
- The discus lands inside the sector lines then rolls or skids out of the sector after impact.

It shall be a ***failure*** if:

- An athlete, after commencing a trial, touches with any part of their body the top of the circle rim or the ground outside the throwing circle.

Note: If an athlete uses a rotational technique, different rules apply.

- The discus lands on the sector line or outside the sector line. The discus must fall completely within the inner edge of the sector lines.
- An athlete leaves the throwing circle prior to the implement landing.
- An athlete leaves the throwing circle in front of the centre line extension.

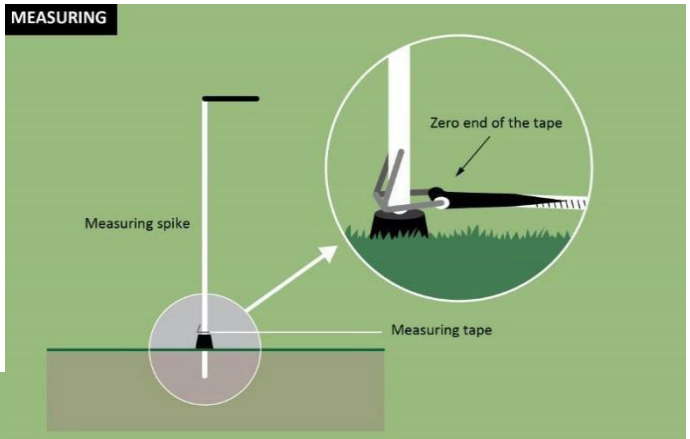
Not a foot foul.

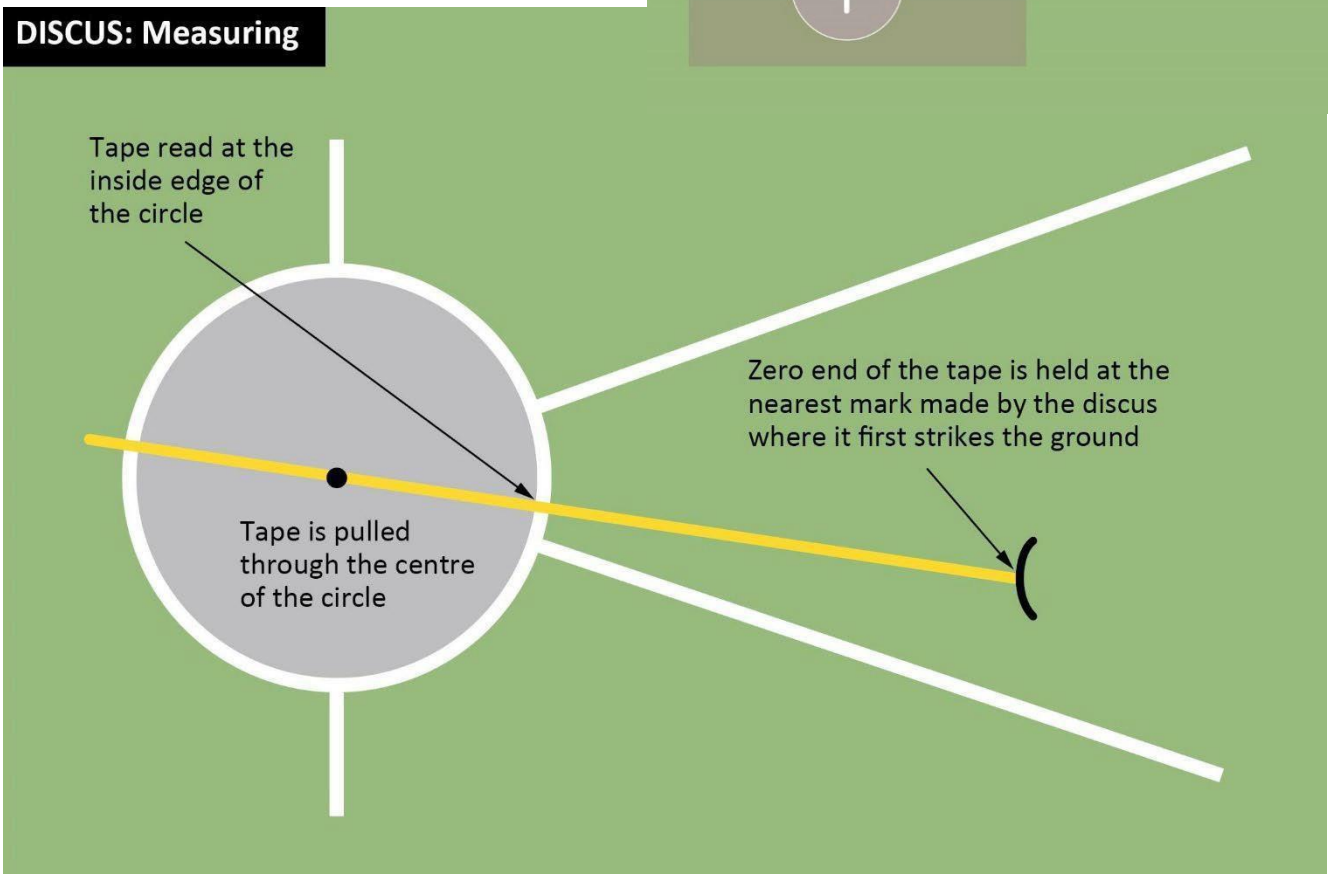
A foot foul.

Measuring and Recording

- The measuring spike (zero end of the measuring tape)/*EDM* prism is placed at the nearest edge of the landing mark where the discus first strikes the ground to the throwing circle.
- The measuring tape is pulled through the centre of the throwing circle. It should be pulled back straight, tight and not at an angle.
- The measurement is taken to the inside edge of the rim of the throwing circle.
- Measurements are recorded to the nearest whole centimetre below the actual distance thrown e.g. 12.647 is recorded as 12.64.
- When recording:

  [X] = failure [–] = pass
- Placings are not required at Centre level.





Safety

- Officials must check the Discus event area is clear of obstructions and hazards.
- Landing area should be appropriately marked and coned out for safety.
- All athletes must stand well clear of the cage/net while the event is in progress.
- All Officials must stand outside the cage/net when an athlete is throwing.
- Only the athlete about to throw is permitted inside the cage/net.
- Athletes must not handle the spare discuses while waiting to throw.
- All discuses not in use to be stored on the trolley.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- Officials must not turn their backs on the throwing circle once an athlete has entered the throwing circle.
- The discus must always be carried back to the throwing area - never thrown or rolled.

JAVELIN

The Javelin event area consists of a runway and a landing area (sector). A javelin is a metal or fibreglass implement in the shape of a spear. Its weight and size varies according to the age of the athlete. It is thrown from an arc at the end of a runway. This event is only offered to athletes in the U11 to U17 age groups.

Equipment

- Javelin runway
- Marked landing sector
- 1 x 50m or 100m measuring tape
- 1 measuring spike
- Javelin - at least one of each weight (i.e. 400g, 500g, 600g, 700g)
- Runway markers
- 1 x 30m measuring tape (to measure run-up)
- 2 flags (1 white, 1 red – usually only for LAQ Carnivals and Championships)
- Cloth (to wipe and clean the javelin)
- Stopwatch (usually only for LAQ Carnivals and Championships)

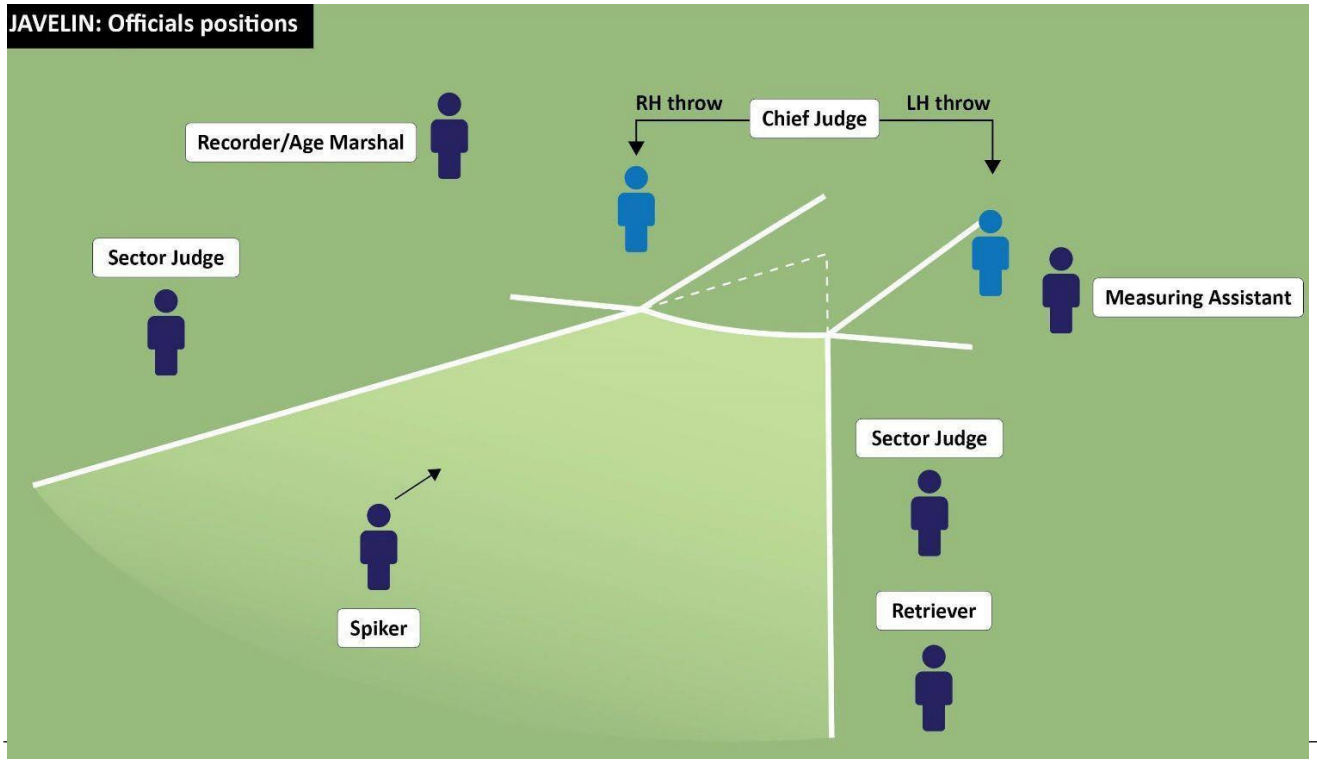
Ages and Weights

U11 to U12	400g
U13 Girls to U14 Girls	400g
U15 Girls to U17 Girls	500g
U13 Boys to U14 Boys	600g
U15 Boys to U17 Boys	700g

Officials

The preferred number of Officials required to run the Javelin is seven.

- Chief Judge
- 2 Sector Judges
- Spiker
- Measuring Assistant
- Recorder/Age Marshal
- Retriever



Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Judge

- Stands alongside the runway in a safe position behind the throwing arc, making sure to stand on the right hand side of the runway for right handed throwers and on the left hand side of the runway for left handed throwers.
- Watches for hand/arm fouls and asks the Measuring Assistant to watch for foot fouls.
- Determines if the trial is valid, then after receiving an indication from the Sector Judge, measures the throw according to the rules.
- Raises a white flag to indicate a valid throw and raises a red flag to indicate a failure.
- Reads the measuring tape and calls the distance to the Recorder.
- Checks the field event recording form when the event is completed. *(not required at Centre level.)*

Sector Judges

- Stand outside the sector at a distance corresponding to the likely distance to be thrown.
- Determine the fairness of the throw.
- Watch the sector lines and assist in determining the point of landing.
- Raise a straight arm, above head, to indicate the javelin has not landed metal headfirst.
- Raise an outstretched arm, parallel to the ground, to indicate the javelin has landed on or outside the sector line.

Spiker

- Stands inside the sector in a safe position facing the runway, being vigilant at all times.
- Determines where the javelin first strikes the ground.
- Places the measuring spike and the zero end of the measuring tape/*EDM** prism at the appropriate place in the ground.
- Removes the measuring spike only after the Chief Judge has indicated all is clear.

Electronic Distance Measurement (EDM) is an electronic device used for measuring the distance between two points by emitting a laser or electromagnetic beam.

Measuring Assistant

- Stands alongside the runway in a safe position behind the throwing arc and watches for foot fouls.
- Pulls the measuring tape through the throwing arc to the *centre point**, eight metres back, on the runway, for the distance to be read.

The centre point is the centre of a circle of which the throwing arc is a part.

Recorder/Age Marshal

- Supervises the group of athletes.
- Calls the athletes for their trials in the order listed on the field event recording form.
- Repeats the measured distance back to the Chief Judge.
- Completes the field event recording form.
- Circles each athlete's best throw on the field event recording form.

Retriever

- Returns the javelin to the throwing area.

Javelin Principles

- The javelin must be held at the grip with one hand only. It must be thrown over the shoulder or upper part of the throwing arm and not be slung or hurled.
- The metal head of the javelin must strike the ground before any other part of the javelin. The javelin *does not* need to stick into the ground.
- Athletes may use the runway to ascertain their run-up starting point before the event begins.
- Athletes may place one or two temporary markers alongside the runway. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Practice trials are allowed but once the event begins athletes are not permitted to use the javelin, runway or sector for practice.
- The Official responsible for Javelin shall indicate to the athlete that all is ready for the trial to begin.

- The timing of a trial shall commence from the time the athlete's name is called. The time allowed for a Javelin trial is one minute. *(Usually only applied at competitions.)*
  - if no rules are infringed, a trial may be interrupted. The javelin may be laid down inside or outside the runway and the athlete may leave the runway before returning to restart the trial. An interrupted trial must recommence within one minute of the start of the original trial.
  - if the time allowed elapses once the athlete has commenced their trial, that trial should be allowed.
  - if an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.
- Each athlete is allowed three trials, but the trials must not be consecutive. However, at the discretion of the Chief Judge, more than one trial may be taken in one round.
- An athlete may enter the runway from any direction.
- An athlete when leaving the runway, the first contact outside the runway is behind the throwing arc and line extension.
- An athlete is considered to have left the runway, by passing the mark four metres back from the throwing arc.
- If the javelin breaks during the flight, the athlete is entitled to another trial provided the initial trial was legal.
- The first point of impact of the metal head of the javelin must be entirely within the sector lines.
- The athlete must not leave the runway until the javelin has landed.
- The trial is complete when the athlete leaves the runway.
- If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- Breaching the competition rules constitutes a failure.

It shall be a ***valid*** *throw* if:

- An athlete drops the javelin and it does not touch the ground outside the runway. The athlete can retrieve the javelin and continue the trial within the allocated time.
- The tail of the javelin touches the ground during the run-up.
- The javelin lands inside the sector lines then skids or flips out of the sector after impact.

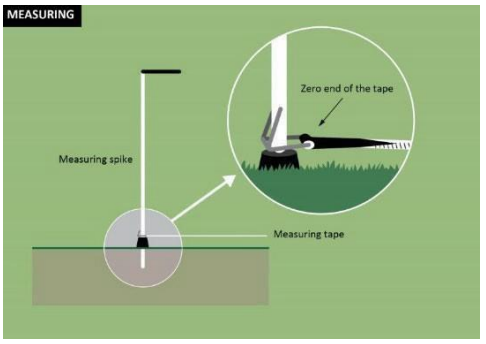
It shall be a ***failure*** if:

- An athlete, after commencing a trial, touches with any part of their body the lines marking the runway, the ground outside the runway or crosses the throwing arc marking the end of the runway.
- An athlete turns their back towards the throwing arc at any time during the run-up and before the javelin is discharged.
- An athlete releases the javelin incorrectly. Non-orthodox styles are not permitted.
- Any part of the javelin, other than the metal head, strikes the ground first.
- The javelin lands on the sector line or outside the sector line.
- An athlete leaves the runway prior to the implement landing.
- An athlete leaves the runway in front of the throwing arc or the extension lines on either side of the runway.

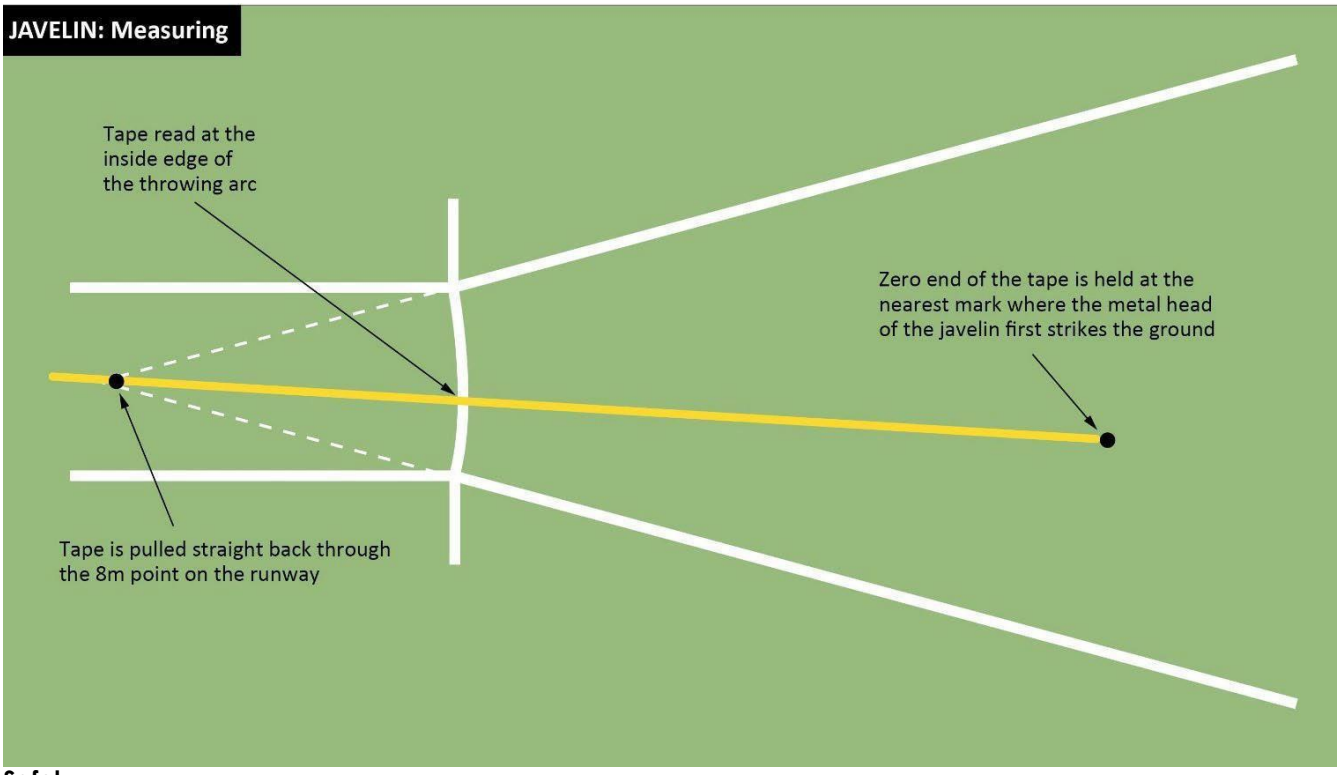
Not a foot foul

Foot foul

Measuring and Recording



- The measuring spike (zero end of the measuring tape)/*EDM* prism is placed where the metal head of the javelin first strikes the ground to the runway.
- The measuring tape is pulled through the throwing arc to the centre point, eight metres back, on the runway. It should be pulled back straight, tight and not at an angle.
- The measurement is taken to the inside edge of the throwing arc.
- Measurements are recorded to the nearest whole centimetre below the actual distance thrown e.g. 28.754 is recorded as 28.75.
- When recording:
  [X] = failure [–] = pass
- Placings are not required at Centre level.



Safety

- A javelin is a lethal weapon.
- Officials must check the Javelin event area is clear of obstructions and hazards.
- Landing area should be appropriately marked and coned out for safety.
- Ideally, the landing area should face away from the normal competition area.
- It is recommended, athletes keep to one side of the throwing area and the javelins on the other side.
- An athlete selects their javelin only when the athlete's name is called for the trial to begin.
- All athletes must stand well clear of the thrower and runway while the event is in progress.
- Only the athlete about to throw is permitted on the runway.
- The runway must be closed between trials, e.g. Chief Judge stands or places a witches hat in the throwing area near the throwing arc until the sector is clear.
- Athletes must not handle the spare javelins while waiting to throw.
- All javelins not in use to be stored on the trolley or placed with the metal tip in the ground, in an upright position, not on an angle.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- Officials should be aware at all times.
- Officials must not turn their backs on the throwing area once an athlete has entered the runway.

- When retrieving the javelin, approach from the side, place the thumb over the exposed tip, twist and pull back with the other hand at the same angle as entry. Be aware if anyone is behind.
- When retrieving the javelin, an Official must always walk never run.
- The javelin must always be carried in an upright position, metal tip facing down and close to the ground, back to the throwing area ***– it is never thrown***.

SHOT PUT

The Shot Put event area consists of a throwing circle, a stop board and a landing area (sector). A shot is a metal ball. Its weight and size varies according to the age of the athlete. It is 'put' (pushing action) from within the throwing circle.

Equipment

- Throwing circle and stop board
- Marked landing sector
- 1 x 30m measuring tape
- 1 measuring spike
- Shot - at least two of each weight (i.e. 1kg, 1.5kg, 2kg, 3kg, 4kg, 5kg)
- 2 flags (1 white, 1 red – usually only for LAQ Carnivals and Championships)
- Cloth (to wipe and clean the shot)
- Stopwatch (usually only for LAQ Carnivals and Championships)

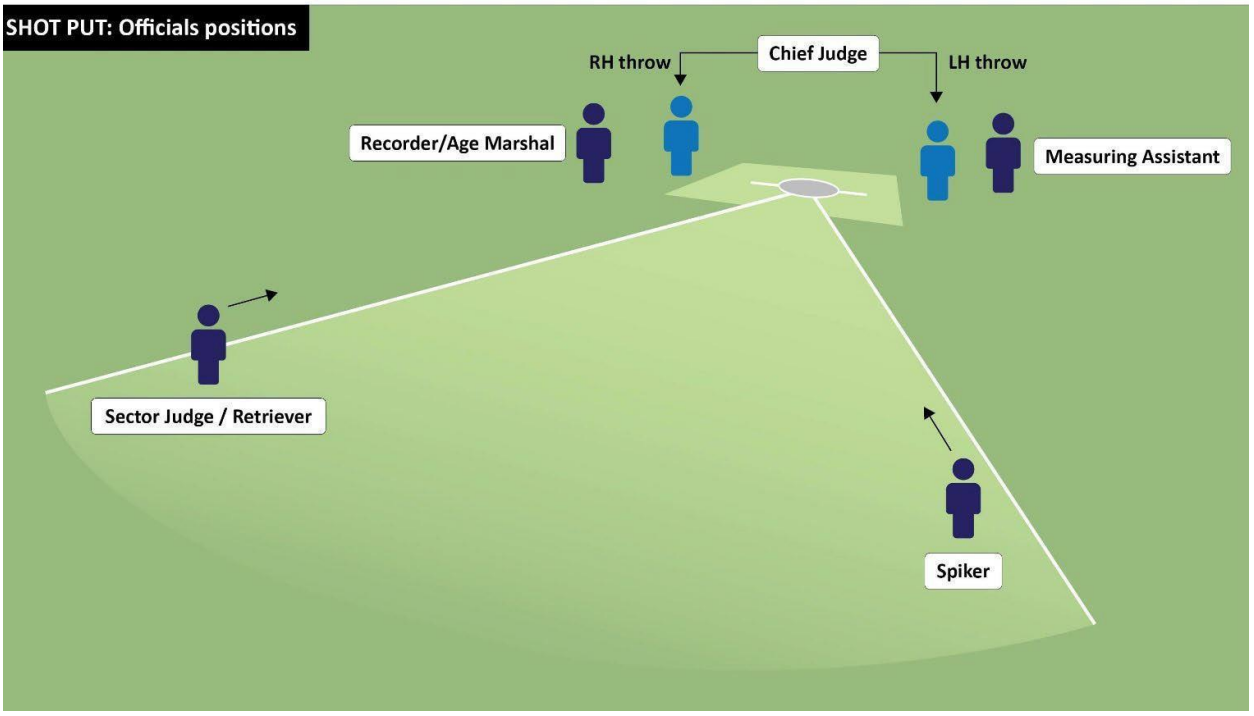
Ages and Weights

U6 and U7	1kg	Blue
U8	1.5kg	Yellow
U9 to U12	2kg	Orange
U13 to U14	3kg	White
U15 Girls to U17 Girls	3kg	White
U15 Boys to U16 Boys	4kg	Red
U17 Boys	5kg	Green

Officials

The preferred number of Officials required to run the Shot Put is five.

- Chief Judge
- Sector Judge/Retriever
- Spiker
- Measuring Assistant
- Recorder/Age Marshal



Duties of the Officials

Where sufficient Officials are available the duties would be allocated as below; however Officials may be required to perform more than one role.

Chief Judge

- Stands at the throwing circle, making sure to stand on the right hand side of the circle for right handed throwers and on the left hand side of the circle for left handed throwers.
- Watches for hand fouls and asks the Measuring Assistant to watch for footfouls.
- Determines if the trial is valid, then after receiving an indication from the Sector Judge, measures the throw according to the rules.
- Raises a white flag to indicate a valid throw and raises a red flag to indicate a failure.
- Reads the measuring tape and calls the distance to the Recorder.
- Checks the field event recording form when the event is completed. *(not required at Centre level.)*

Sector Judge/Retriever

- Stands inside the sector in a safe position facing the throwing circle.
- Determines the fairness of the throw.
- Watches the sector lines and assists in determining the point of landing.
- Raises an outstretched arm, parallel to the ground, to indicate the shot has landed on or outside the sector line.
- Returns the shot to the throwing area.

Spiker

- Stands inside the sector in a safe position facing the throwing circle.
- Determines where the shot first strikes the ground.
- Places the measuring spike and the zero end of the measuring tape/*EDM** prism at the appropriate place in the ground.
- Removes the measuring spike only after the Chief Judge has indicated all is clear.

Electronic Distance Measurement (EDM) is an electronic device used for measuring the distance between two points by emitting a laser or electromagnetic beam.

Measuring Assistant

- Stands on the side of the throwing circle, opposite the Chief Judge and watches for footfouls.
- Pulls the measuring tape through the centre of the throwing circle for the distance to be read.

Recorder/Age Marshal

- Supervises the group of athletes.
- Calls the athletes for their trials in the order listed on the field event recording form.
- Repeats the measured distance back to the Chief Judge.
- Completes the field event recording form.
- Circles each athlete's best throw on the field event recording form.

Shot Put Principles

- The shot must be put from the shoulder with one hand only. At the time an athlete takes a stance in the throwing circle to commence a trial, the shot must touch or be in close proximity to the neck or chin. The hand must not drop below this position during the putting action. The shot must not be taken behind the line of the shoulders.
- Athletes may place one temporary marker on the ground behind or adjacent to the throwing circle for the duration of the athlete's trial. No markers are allowed in or beside the sector. Chalk or indelible ink may not be used. Markers must not be hazardous or obstruct any athlete.
- Practice trials are allowed but once the event begins athletes are not permitted to use the shot, throwing circle or sector for practice.
- The Official responsible for Shot Put shall indicate to the athlete that all is ready for the trial to begin.
- The timing of a trial shall commence from the time the athlete's name is called. The time allowed for a Shot Put trial is one minute. *(Usually only applied at competitions.)*
    - if no rules are infringed, a trial may be interrupted. The shot may be laid down inside or outside the throwing circle and the athlete may leave the throwing circle before returning to the stationary position to restart the trial. An interrupted trial must recommence within one minute of the start of the original trial.
    - if the time allowed elapses once the athlete has commenced their trial, that trial should be allowed.
    - if an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.

- Each athlete is allowed three trials, but the trials must not be consecutive. However, at the discretion of the Chief Judge, more than one trial may be taken in one round.
- An athlete may enter the throwing circle from any direction.
- An athlete when leaving the throwing circle, the first contact outside the throwing circle is behind the centre line extension.
- An athlete must commence the trial from a stationary position within the throwing circle.
- The first point of impact of the shot must be entirely within the sector lines.
- The athlete must not leave the throwing circle until the shot has landed.
- The trial is complete when the athlete leaves the throwing circle.
- If an athlete incurs a failure, the reason shall be given at the completion of that trial.
- Breaching the competition rules constitutes a failure.

It shall be a ***valid*** *throw* if:

- An athlete drops the shot and it does not touch the ground outside the throwing circle. The athlete can retrieve the shot and continue the trial within the allocated time.
- An athlete, after commencing a trial, touches the inside of the stop board.
- An athlete begins to put the shot, turns their head slightly away from the shot.
- The shot lands inside the sector lines then rolls out of the sector after impact.

It shall be a ***failure*** if:

- An athlete, after commencing a trial, touches with any part of their body the top of the circle rim, the ground outside the throwing circle or the top of the stop board.

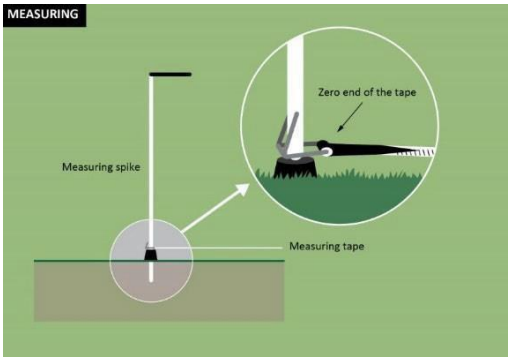
Note: If an athlete uses a rotational technique, different rules apply.

- The athlete's hand drops away from the neck during the putting action.
- The shot is not put from a stationary position i.e. a double movement when the shot is moved backwards and then forwards or to the side and then put.
- An athlete releases the shot incorrectly or thrown like a ball.
- The shot lands on the sector line or outside the sector line. The shot must fall completely within the inner edge of the sector lines.
- An athlete leaves the throwing circle prior to the implement landing.
- An athlete leaves the throwing circle in front of the centre line extension.

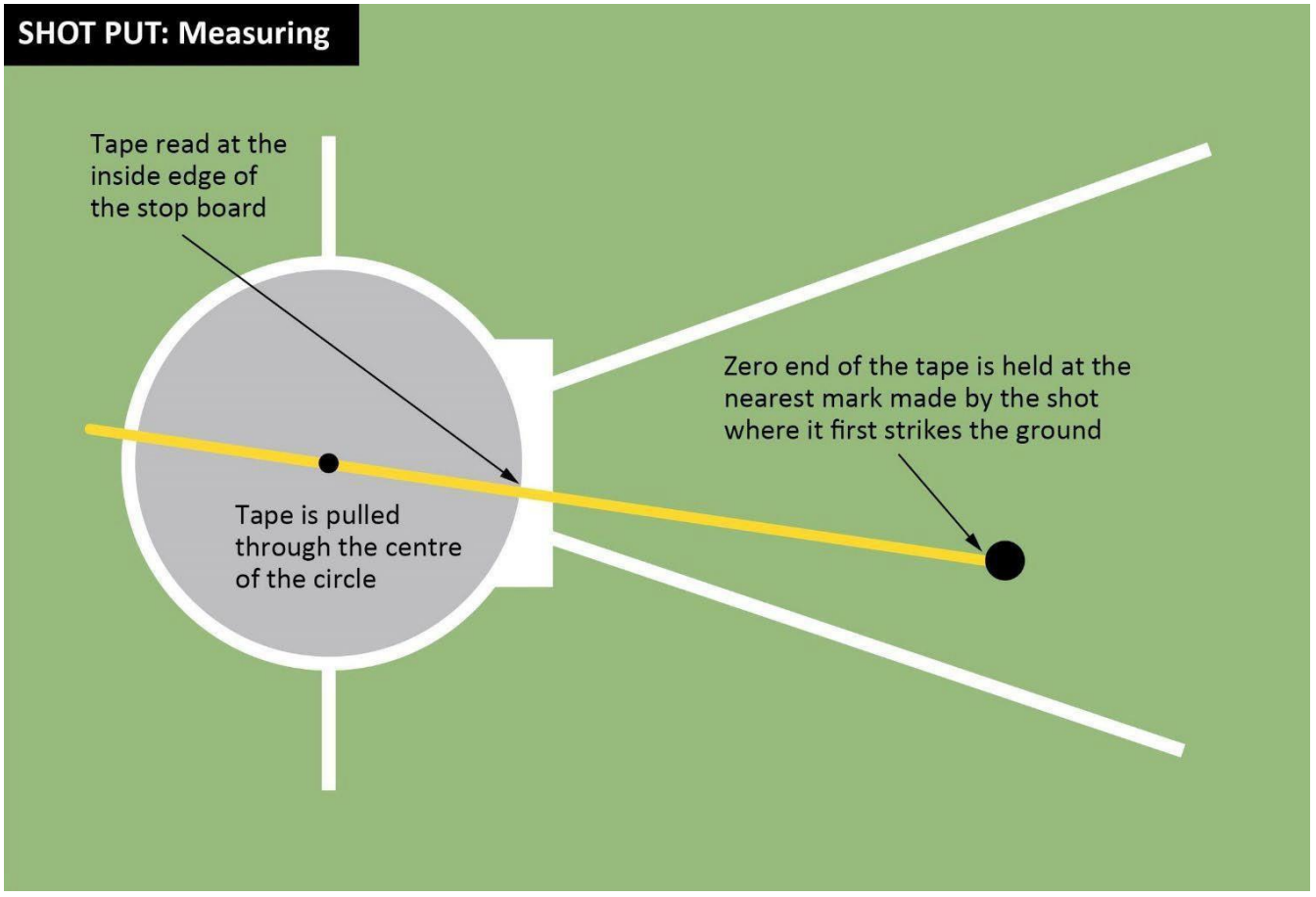
Not foot fouls

A foot foul

Measuring and Recording



- The measuring spike (zero end of the measuring tape)/EDM prism is placed at the nearest edge of the landing mark where the shot first strikes the ground to the throwing circle.
- The measuring tape is pulled through the centre of the throwing circle. It should be pulled back straight, tight and not at an angle.
- The measurement is taken to the inside edge of the stop board.
- Measurements are recorded to the nearest whole centimetre below the actual distance thrown e.g. 7.118 is recorded as 7.11.
- When recording:
  [X] = failure [–] = pass
- Placings are not required at Centre level.



Safety

- Officials must check the Shot Put event area is clear of obstructions and hazards.
- Landing area should be appropriately marked and coned out for safety.
- All athletes must stand well behind the thrower and throwing circle while the event is in progress.
- Athletes must not handle the spare shots while waiting to throw.
- All shots not in use to be stored on the trolley.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- Officials must not turn their backs on the throwing circle once an athlete has entered the throwing circle.
- The shot must always be carried back or returned using a purpose built device to the throwing area - never thrown or rolled.

TEAM MANAGER

At LAQ competitions where a Centre has athletes nominated, the Centre shall designate one or more person(s) to be the Team Manager(s). For this role, it is helpful to have some experience and knowledge of the events and competition procedures.

Equipment

- List of nominated athletes and events
- List of participating Centre Officials
- Access to WA and LAQ rules

Optional Equipment

- Family contact details
- Spare Centre uniforms and appropriate patches
- Portable shading
- General First Aid kit
- Sunscreen and hand sanitiser
- Water barrel
- Table and chair (if required)

Duties

- Is not required to be a Centre Committee member.
- Must not be a Competition Official.
- Must be available at the arena prior to the start of competition, and during the events if the Centre has athletes competing.
- Ensures all competing Centre athletes are aware of event times along with call times for their respective events.
- Ensures athletes are in correct Centre uniform before marshalling for events.
- Ensures all competing Centre athletes report to the Call Room or event areas when called.
- Advises the Call Room or Chief Recorder of any withdrawals from events.
- Submits completed Clash Forms to the appropriate Officials prior to the start of the event.
- Ensures parents participate as Officials to assist with the efficient running of the competition.
- Attends meetings with Officials as and when required.
- Acts on behalf of the Centre in matters relating to the Centre, e.g. protests, Jury of Appeal, infringements, rules, regulations.
- May organise for suitable portable shading and set up the area for the Centre attending the competition.
- Is the only person allowed to query decisions, lodge a protest or appeal on behalf of a Centre athlete.
    - each protest must be lodged in writing on the appropriate form to the designated area within 15 minutes of the verbal lodgement. The written protest must include all the relevant details including the name and number of the event, names of all Centres involved and rule number, if known.
    - Team Manager will be notified of the Referee's decision, after all enquires are made.
    - if any Team Managers disagree with the decision, an appeal may be lodged to the Jury of Appeal. The Referee must be advised immediately, if an appeal is apparent.
    - Team Manager submits the appeal on the appropriate form to the designated area within 15 minutes of the Referee's decision.

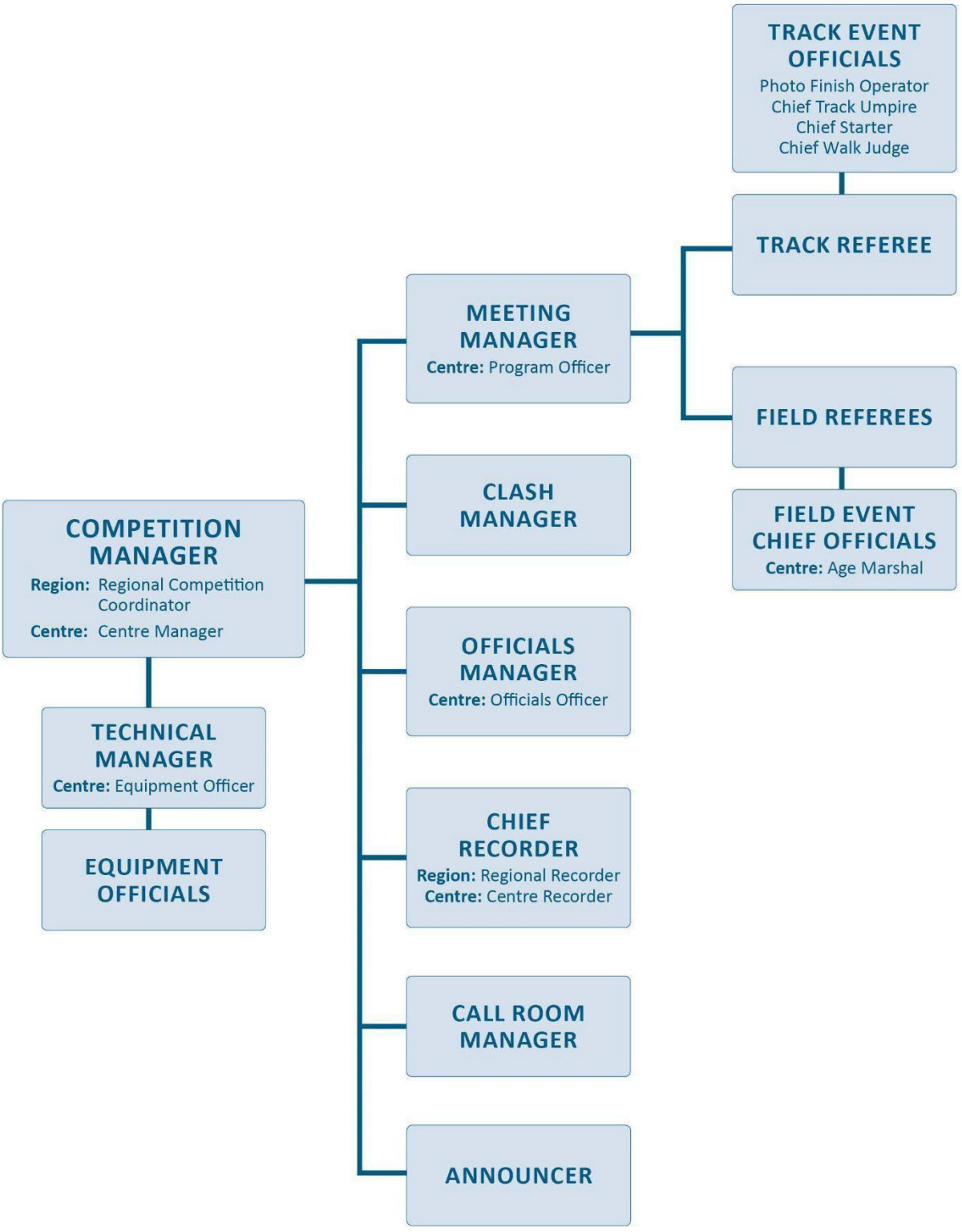
Safety

- Be aware of any sick or injured athletes.
- Ensure athletes follow sun-safe practices.
- Encourage athletes to seek shade and stay hydrated between events.

KEY OFFICIALS DUTIES

It is the responsibility of Key and Chief Officials to monitor the health and wellbeing of event Officials during the competition.

The following outlines the Officials hierarchy and line of control or reporting during a competition. Specific responsibilities are detailed in the following pages.



Competition Manager

- Plans the technical organisation of the competition together with the Technical Officials, where applicable, and resolves any technical problems.
- Is responsible for the correct conduct of the competition.
- Is responsible for any decisions regarding the running of the competition in conjunction with the Meeting Manager.
- Conducts a Key and Chief Officials briefing prior to the start of the competition.
- Together with the Officials Manager, checks all Officials have reported for duty, appoints substitutes when necessary and removes from duty any Official not abiding by the rules.
- May allow unauthorised persons onto the arena.
- May act as the Chair of the Jury of Appeal, when necessary.

Officials Manager

- Determines the number of Officials required for the competition together with the Competition Manager to ensure all events have adequate Officials.
- Appoints the Key and Chief Officials.
- Attends the Key and Chief Officials briefing prior to the start of the competition.
- During competition, liaises with the Competition Manager, Meeting Manager, Referees and Event Chiefs to ensure all events have adequate Officials.
- Ensures relief Officials are available and appoints substitutes when necessary.

Meeting Manager

- Checks the arena is set up for competition together with the Competition Manager and/or Technical Manager.
- Assists in decisions regarding the running of the competition in conjunction with the Competition Manager.
- Moves constantly around the arena, overseeing the whole competition.
- Ensures the program is running to the time schedule.
- During competition, liaises with the Officials Manager, Jumps Referee, Throws Referee, Track Referee, Call Room Manager and Announcer.
- Ensures athletes and Officials are called prior to the start of the events.

Track Referee

- Attends the Key and Chief Officials briefing prior to the start of the competition.
- Checks the competition area and track to ensure all the necessary equipment is in place prior to the start of the competition.
- Checks the track is clear of obstructions and hazards.
- Liaises with the Chief Photo Finish Judge and Chief Starter to ensure all relevant equipment is set-up and operating correctly.
- Allocates Track Umpire positions and receives reports from the Track Umpires or the Chief Track Umpire, if appointed.
- Indicates readiness of the Timekeepers, Place Judges or Photo Finish to the Chief Starter.
- Presides over all track events to ensure the technical rules are observed.
- Liaises with the Meeting Manager to ensure the program times are adhered to.
- Decides on any track matters arising during the competition.
- Watches the entire event in case of obstruction, infringement or interference by any athlete.
- Should not act as a Track Umpire, but observes and acts if an infringement is missed.
- Decides if any violation by an athlete constitutes a disqualification.
- Deals with disputes related to track events.
- Warns or excludes from competition, any athlete guilty of improper conduct.
- Rules on any protest or objection related to track events with the assistance of the respective Officials.
- Prepares written reports providing all the relevant details regarding disqualifications.
- Communicates with the Chief Walk Judge to advise of any athletes disqualified for violating track rules.
- Decides final placings only when the Place Judges cannot arrive at a decision.
- Checks the hurdles are placed correctly and set at the correct height.
- Has no jurisdiction over matters within the responsibilities of the Chief Walk Judge; but still controls all other matters as detailed above.
- Changes the site of competition if circumstances require, e.g. use of backstraight if front straight lanes are not suitable for use.
- May declare any track event void and the event re-run at a suitable time.

Field Referee

- May appoint separate Referees for jumps and throws.
- Attends the Key and Chief Officials briefing prior to the start of the competition.
- Checks all event areas to ensure all the necessary equipment is in place prior to the start of the competition.
- Presides over all field events to ensure the technical rules are observed.
- Liaises with the Meeting Manager to ensure the program times are adhered to.
- Ensures only athletes and Officials are within the competition arena and all spectators outside the competition arena.
- Decides on any field event matters arising during the competition.
- Decides if any violation by an athlete constitutes a disqualification.
- Deals with disputes related to field events.
- Warns or excludes from competition, any athlete guilty of improper conduct.
- Rules on any protest or objection related to field events with the assistance of the respective Chief Judge.
- Prepares written reports providing all the relevant details regarding disqualifications.
- Verifies Best Performances with a steel tape for throwing events; in high jump events measures the height of the crossbar prior to each attempt.
- Liaises with the Call Room Manager, Clash Manager or Start Marshal regarding athletes with clashing events.
- Changes the place of competition if circumstances so require, e.g. not use a pit. The change is made only after a completed round.
- At the finish of the event, checks all results and placings, signs the field event recording form and returns the results to the appropriate recording area.

Event Chief

- Attends the Key and Chief Officials briefing prior to the start of the competition. Shares relevant information with event Officials.
- Ensures all necessary equipment is ready, area correctly marked and hazards removed.
- Marks the existing Best Performance for the event appropriately.
- Allocates the duties to the Officials assisting at the event.
- Ensures Officials are familiar with the rules of competition.
- Checks all Officials are appropriately attired including footwear.
- Ensures athletes are in correct uniform and wearing appropriate footwear.
- Prior to the start of the event, informs athletes of the rules of competition.
- Checks if any athletes have clashing events.
- Allows athletes a practice trial under supervision, in draw order.
- Ensures all technical rules are observed.
- Liaises with the appropriate Referee to verify a Best Performance.
- Resolves any issues by liaising with the appropriate Referee when necessary.
- Checks and signs the recording form at the finish of the event in readiness for verification by the Referee.
- Tidies and prepares the event area for the next event or packs up at the finish of the competition.

Photo Finish Operator

- Is responsible for the set-up, testing and operation of the photo finish equipment.
- Indicates readiness of the Photo Finish to the Track Referee and/or Chief Starter.
- Determines the results including all placings and times of track events.
- Liaises with the Track Referee on any issues, e.g. results, equipment or back up system required.

Chief Recorder

- Is responsible for the overall control of the Administration and Recording Room.
- Checks the Recording Room is set-up with all stations ready with the required stationery.
- Allocates the duties to the recording team members assisting in the Administration and Recording Room.
- Ensures members are familiar with the role responsibilities.
- Appoints a team member to manage entry queries; changes, including withdrawals of athletes from events or the competition. Withdrawals are scratched, not removed or deleted.
- Ensures necessary seeding of events is completed in a timely manner prior to the start of the events.
- Ensures paperwork is provided to the Call Room. Call Room Judges may have access to a laptop and printer to print the paperwork when required.
- Ensures necessary paperwork is provided to the Track Officials and, if required, to the field event Recorders.

- Ensures all data entry of results is completed, checked and verified.
- Supervises or completes any additional recording or calculations for Multi-Class events, awards specific to the competition and handicap races.
- Communicates with the Field Referees to ensure field event recording forms are returned to the Administration and Recording Room in a timely manner.
- Checks the results and finalists lists are published in due course.
- Ensures the implement weight is recorded on the field event recording form if a Best Performance is recorded. Where applicable, ensures all other Best Performance requirements are adhered to.

Technical Manager / Equipment Officials

- Must be well prepared with an updated program of events, times, age groups and, if possible, the number of athletes for each event.
- Ensures all the necessary equipment is in place prior to the start of the competition.
- Ensures only properly maintained equipment is used.
- Ensures the hurdles are maintained to collapse as intended.
- At State Championships, places distance markers for the relevant field events.
- Is responsible for the weighing and measuring of privately owned implements that are added to the collective pool of event equipment.
- Is responsible for the management and recording of equipment used for warm-uppurposes.
- Returns all the equipment to the correct storage areas at the finish of the competition.

Call Room Manager

- Checks in the athletes by calling out the names in order as listed on the marshallingsheet.
- Records athletes present and absent and marshals into correct heats/events.
- Ensures athletes are in correct uniform and wearing appropriate footwear; and follows the protocols as listed in the Uniform Infringements and Protocols Table found in this document.
- Arranges for the athletes to be escorted to the event area on the arena ready for the start of theevent.
- Records the time each heat/final of athletes leaves the Call Room.

Clash Manager

- Determines what events clash and compiles a list of athletes involved.
- Ensures athletes entered in two clashing events have the opportunity to compete in both events with minimum inconvenience and in fair sense of competition.
- Collects athletes from the events and proceeds to the next event.

Announcer

- Makes the necessary announcements clearly and concisely.
- Announces Call Room times for all events.
- Calls athletes and Officials prior to the start of the events, as requested by the Meeting Manager, Referees and/or Chief Judge.
- Should be aware of any track events starting in order to avoid disrupting the starting procedure.
- Calls the required Team Manager to report to the appropriate Referee or Administration and Recording Room when requested.
- Makes announcements for protests, disqualifications and appeals. Announces when a protest and, if made, an appeal has been lodged.
- Announces the decision of the Jury of Appeal, if applicable.
- If required by the Competition organisers, may also:
  - accepts any protests and fees payable.
  - records the time the written protest, subsequent papers, reports and, if applicable, an appeal are received.

CARNIVAL AND CHAMPIONSHIP PRACTICES/PROCESSES

The following outlines the processes implemented by various Officials at LAQ Carnivals and Championships. At Centre Carnivals and Competitions, some of the processes are also applied.

Appointment of Competition Officials

Competition organisers may call for Expressions of Interest from Officials and appoint Officials accordingly.

Trainee Officials cannot be appointed as Chief Judges at Regional, State Relay or State Championships. All other duties, with the exception of Chief Officials, can be performed for practical assessment.

A Jury of Appeal shall comprise of a Chairman and three independent members, i.e. any Centre not named or involved in the protest or appeal, or the Centre of the Official involved in the original ruling.

General

- Commercially available products, e.g. timing gates, PAD timing, shall be recognised and endorsed as an electronic timing device suitable for Centre and Regional competitions.
- Coaching advice by an Official within the competition area during an event is not permitted.
- Any athlete giving or receiving assistance or coaching from within the competition area during an event shall be warned by the Referee and may be disqualified if the practice continues.
- In all track events, pacing by athletes participating or persons not participating in the event is not permitted.
- Athletes are not permitted the use of electronic communications or devices, e.g. mobile phones, videos, in the competition area.
- Seeding varies depending on the type of competition.

Refer to the LAQ Competition Rules and Regulations.

- In all track events, athletes only compete in allocated lanes or heats, unless advised otherwise by the Track Referee.
- The order of competition is usually in name order as listed on the field event recording form for the first three rounds.
- If an athlete wants to leave the event for any reason, the Chief Judge and/or Recorder must be notified.
- No athlete may enter the event after the completion of the third round of that event.
- In all field events except *High Jump*, if an athlete:
  - arrives during the second round, only two trials shall be allowed, but the trials must not be consecutive and may be taken out of order. The athlete shall be eligible to qualify for the final round.
  - arrives during the third round, only one trial shall be allowed and the trial may be taken out of order. The athlete shall be eligible to qualify for the final round.
- In High Jump events, if an athlete is not present when all other athletes have completed the event, the Referee shall deem that athlete has abandoned the event, once the time allowed for one further trial has elapsed.
- Athletes are not permitted the use of gloves or the taping of two or more fingers together in all throwing events.
- An athlete may carry an inhaler to a track or field event and permitted the use while waiting at the event. The inhaler is not permitted to be used during a trial or held in the athlete's hand during a track or field event.
- Any athlete with an arm cast competing in a track event shall be placed in an inside or outside lane.
- Any athlete with an arm cast competing in a field event shall not be disqualified or excluded from the competition due to the cast providing extra support.

Clash of Events

- Where a clash of events occurs:
  - in all field events except High Jump, the Chief Judge may allow an athlete to compete out of round and out of order in all rounds. The athlete is not permitted to have two or more consecutive trials nor demand to have a trial that has been missed.
  - in High Jump events, the Chief Judge may allow an athlete to compete out of order. The athlete must re-join the event at the current height of the crossbar.
- An athlete returning from another event must re-join the event before the last trial of the third round.
- No event shall be unduly delayed to suit any athlete.

Disqualifications, Protests and Appeals

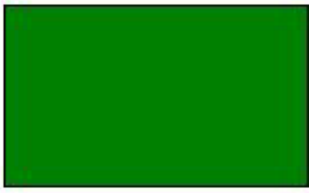
- If a Referee disqualifies an athlete or a team for an infringement of the rules in the:
  - U7 to U12 age groups, the Referee must notify the respective Centre Team Manager regarding the disqualification.
  - U13 to U17 age groups, the Referee must notify the athlete(s) directly regarding the disqualification.
- The Referee prepares a written report on the appropriate form providing all the relevant details regarding the disqualification.
- The Team Manager may lodge a protest.
- The Referee decides on the protest or refers the matter to the Jury of Appeal.
- If the Referee:
  - makes a decision, the Team Manager may lodge an appeal to the Jury of Appeal.
  - dismisses the protest, the protesting Team Manager is advised accordingly.
  - upholds the protest, all the Team Managers involved are advised, at the same time, of the Referee's decision. The decision and time of the protest is recorded on the appropriate form and submitted to the designated area.
- The appropriate Referee may warn any athlete guilty of improper conduct. The athlete may be disqualified from the competition if the behaviour continues.
- If such behaviour occurs:
  - the Competition Manager notifies the Centre's Team Manager, if available, if not present at the competition, a letter is sent to the Centre.
  - at a Regional Competition, LAQ is notified by the Regional Competition Coordinator and the information passed on to the Competition Manager at the next LAQ Competition.
- If an athlete in the U13 to U17 age groups makes an immediate verbal protest against a failed trial, at the discretion of the Chief Judge, the trial may be measured and recorded. At the end of the round the appropriate Referee shall adjudicate on the protest.
- If an athlete continues in a field event under protest:
  - the athlete shall compete first in each subsequent round regardless of their performance in any previous rounds.
  - any subsequent performance will only be valid if the protest or appeal is upheld.
- In Race Walking events, there is no provision for lodging a protest in regard to breaches of the contact and knee rules.
- The Referee provides all the relevant details as requested by the Jury of Appeal.

Further rules and processes are detailed in the LAQ Competition Rules and Regulations and the relevant protest papers.

Track Events

Starter's Assistant/Start Marshal

- Shows the appropriate card to the athletes after a warning or false start is issued by the Chief Starter.
  - a green card is shown to all athletes, if an unfair start is not due to any athlete.
  - any athlete(s) responsible for a false start must by warned and shown a yellow and black card.
  - any athlete responsible for two false starts (or three for Combined Events) will incur disqualification and shown a red and black card.



Green card - no false start

Yellow and black card - first false start, final warning to athlete

Red and black card - second false start, disqualification of athlete

Recaller(s)

- Indicate to the Starter, by taking one pace backwards from the track, when athletes are ready and settled in the 'On Your Marks' position. The Recaller furthest from the Starter steps back first, following in sequence to the closest Recaller.

Place Judges

- Record the lane number of their allocated place on the Place Judge's Slip and hands the slip to the Chief Place Judge.

Timekeepers

- Where a fully automatic timing system is not used, three Timekeepers time first place and one Timekeeper for each other place.
- Record the time of their allocated place on the Timekeeper's Slip and hands the slip to the Chief Timekeeper.

Finish Marshal

- Ensures the athletes remain in the finishing order until all athletes have finished the track event and released by the Track Referee.

Relays

The 4 x 70m Relay is a shuttle relay, run entirely in lanes.

The circular relays are:

- 4 x 100m Relay, run entirely in lanes.
- Swedish Relay with the running order as 100m, 300m, 200m and 400m.
- Medley Relay with the running order as 200m, 200m, 400m and 800m.

In the Swedish Relay:

- Athletes run in the allocated lanes for the first leg.
- Athletes run in the allocated lanes for the second leg up to and through the designated markers before crossing over to the inside lane.
- Athletes running the third leg are placed on the track, by a designated Official, from inside to outside in the same order of the start list, they may not change order.
- Athletes running the fourth leg are placed on the track, by a designated Official, from inside to outside in the same order of the start list, they may not change order.

In the Medley Relay:

- Athletes run in the allocated lanes for the first and second legs.
- Athletes run in the allocated lanes for the third leg up to and through the break line before crossing over to the inside lane.
- Athletes running the fourth leg are placed on the track, by a designated Official, in the same order as their third leg athlete passes the 200m mark.

Race Walking

- For the U9 to U11 age groups, all *Caution (yellow paddle)* and *Red Card* reports areverbal.
- For the U12 to U17 age groups, all *Caution (yellow paddle)* and *Red Card* reports arenon-verbal.
- For all age groups, if a *Caution* is given, a Walk Judge shows the athlete a yellow paddle with the appropriate symbol.

If the athlete is amongst a group of athletes, the Walk Judge may call the hip number of the athlete to be cautioned.

- All *Caution* and *Red Card* reports are recorded on the Race Walk Judge's Record.
- At State Championships only, time limits apply for Race Walking events.
    - When the time allowed has elapsed the Timekeeper informs the Track Referee or Chief Track Umpire and ceases timing. The Track Referee or Chief Track Umpire then advises the relevant Track Umpire, and at an appropriate time the Chief Walk Judge.
        - any athlete not finished the event when the time allowed elapses shall be instructed to leave the track by a Track Umpire. DNF is recorded on the Judging Summary Sheet.
        - any athlete *on the front straight* when the time allowed elapses will not be instructed to leave the track. DNF is recorded on the Judging Summary Sheet

Time Allowance for Race Walking Events		
Age Group	Distance	Time Limits
U9	700m	7 mins
U10 to U11	1100m	9 mins
U12 to U13	1500m	12 mins
U14 to U17	1500m	10 mins

- The organisers of Race Walking events conducted on roads must ensure the safety of the athletes. Where possible, ensure the roads used are closed to motorised traffic in both directions.

Progression

- The progression of athletes from heats to finals where eight lanes are available for all events up to and including 400m and hurdle events are:
  - two heats 1st, 2nd and 3rd from each heat and the next 2 fastest times
  - three heats 1st and 2nd from each heat and the next 2 fastest times
  - four heats 1st from each heat and the next 4 fastest times
  - five heats 1st from each heat and the next 3 fastest times
- If a tie exists for the 'next fastest time', the athlete placed higher in their heat will progress.
- If the tie remains, a ballot may be conducted to determine the progression.

Field Events

Additional Equipment

- Yellow flag
- Stopwatch
- Calculator (for Field Relays)
- EDM for required field events (optional)

Personal Equipment

- Any privately owned equipment intended for use during competition, once weighed and measured by an approved Technical Officer, must be added to the collective pool of event equipment for use by all athletes in that event.

Spiker

- Only removes the measuring spike/EDM prism after the Chief Judge has indicated that all is ready to proceed with the next trial. It may be a new Best Performance, or the athlete may request the trial to be measured under protest.

EDM Operator

- Assists with the set-up, testing and operation of the EDM equipment.
- Ensures the EDM equipment is operating correctly by position and calibrates the EDM equipment before and after the required events.
- Measures each valid trial, reads the distance to the measuring spike and calls the distance to the Recorder.
- Indicates to the Chief Judge and Spiker that all is ready to proceed with the next trial.

Athlete Control Judge

- May be required at LAQ competitions.
- Assists the Chief Judge and Recorder.
- Supervises a defined group of athletes.
- Organises the athletes for their trials in the order listed on the field event recording form.

Field Recorders

- Record the start and finish times of the event on the field event recording form.
- Time the trial and raise a yellow flag to indicate the final 15 seconds of the time allowed for the trial. The flag is held up until the time allowed has elapsed or the athlete has completed the trial.
- Circle each athlete's best performance on the field event recording form.
- Resolve the final eight athletes after the third round. Athletes are then placed in *inverse order**, for progression to the final round.

Inverse order means the lowest ranked athlete of the final eight athletes, after the third round, competes first in the final round following in sequence to the highest ranked athlete.

  - if a tie exists, the count back procedure is followed.
  - if there are eight athletes or fewer, all athletes progress to the final round.

In all field events, follow the appropriate progression procedure as required by the Competition organisers. Procedures vary depending on the level and type of competition.

- Determine the finishing order of the athletes.
- Ensure the field event recording form is completed correctly.
- Ensure the field event recording form is signed by the Recorder, Chief Judge and Field Referee.
- Complete the medal presentation form at the finish of the event. If applicable, Competition organisers may direct medals to be presented at the field events.

Time Allowance for Field Event Trials

- Time limits apply for field event trials conducted at LAQ Carnivals and Championships. Individual events

Number of Athletes in the Event	High Jump	Other Field Events
Three or more or first trial for each athlete	1 min	1 min
Two or three	1.5 min	1 min
One	3 min	-
Consecutive	2 min	2 min

Combined events

Number of Athletes in the Event	High Jump	Other Field Events
Three or more or first trial for each athlete	1 min	1 min
Two or three	1.5 min	1 min
One	2 min	-
Consecutive	2 min	2 min

Ties and Count Back

Count backs are only required when placings are given. In all field events except *High Jump*:

- Ties are broken by referring to the second best performance of each athlete involved in the count back.
- If the tie remains, the third best performance of each athlete involved in the count back decides the placings and so on.
- If the tie remains after all count backs are applied, the athletes are awarded equal place.
- When athletes are awarded equal place, e.g. tie for second, there is no third place, the next place is fourth.

For progression to the final round in all field events except *High Jump*:

- If, after the third round of an event, a tie exists for the last qualifying place, the count back procedure is followed.
- If the tie remains, all athletes concerned will progress.

High Jump Only:

- When the height cleared is equal, the athlete with the lowest number of trials at the height where the tie occurs is awarded the higher place.
- If the tie remains, the athlete with the lowest total number of failures throughout the event up to and including the height last cleared is awarded the higher place.
- If the tie remains, the athletes are awarded equal place.

The following example illustrates the count back rule in High Jump.

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Height Last	Total Failures	Place
A	–	XO	O	XO	–	XXO	XXX	1.92	4	2=
B	O	O	O	X–	XO	XXO	XXX	1.92	4	2=
C	O	O	X–	O	XXO	XXO	XXX	1.92	5	4
D	O	–	–	XXO	XXO	XO	XXX	1.92	5	1
E	X–	X–	X					NM		

Explanation:

- A, B, C and D all cleared 1.92m, failed at 1.94m.
- Count back rule is applied.
- As D cleared 1.92m on the second attempt, D is awarded first place.
- A, B and C cleared 1.92m on the third attempt. Placings are decided by adding the total number of failures up to and including 1.92m.
- A and B are awarded equal second place as C has more total number of failures.
- There is no third place, C is awarded fourth place.
- E failed to clear a height and is not awarded a place.
- A pass does not count as a failure.

Relay Count Backs
In all **field relay* events *except High Jump:*
Step 1

- The count back procedure for each athlete may be necessary to ascertain the best two athletes or more for each Centre to form a team or teams.

Step 2

- After sourcing the teams, the count back procedure is followed but using the combined best performances of the two athletes involved in each of the teams to decide theplacings.
- If the tie remains, the combined second best performances of the two athletes involved in each of the teams decides the placings.
- If the tie remains, the combined performances of the remaining trials of the two athletes involved in each of the teams decides the placings.
- If the tie remains, the athletes' Centre Best Performances decides the placings.
- If the tie remains after all count backs and Centre Best Performances are applied, a ballot may be conducted to decide the placings.

**High Jump relay* events *Only*:
Step 1

- The count back procedure for each athlete may be necessary to ascertain the best two athletes or more for each Centre to form a team or teams.
- If the tie remains after all count backs and Centre Best Performances are applied, a ballot is conducted to decide the team or teams.

Step 2

- After sourcing the teams, the count back procedure is followed.
- When the height cleared is equal, the team with the combined lowest number of trials at the height where the tie occurs is awarded the higher place.
- If the tie remains, the team with the combined lowest total number of failures throughout the event up to and including the height last cleared is awarded the higher place.
- If the tie remains, the athletes' Centre Best Performances decides the placings.
- If the tie remains after all count backs and Centre Best Performances are applied, a ballot may be conducted to decide the placings.

Relates to relay events only.

Best Performances

- In track events, if a Best Performance is recorded by manual timing, the result must be verified, entered onto the track event recording form and initialled by the Chief Timekeeper and Track Referee.
- For all throwing events and horizontal jumping events, all Best Performances must be measured and verified with a steel tape. Details of the steel tape and the number of the implement used (in throwing events) must be entered onto the field event recording form and initialled by the Field Referee.
- In High Jump events, the height of the crossbar must be measured by the Chief Judge and Field Referee prior to each attempt at the Best Performance height.