

High Jump - Scissors

Rules

- Each athlete is allowed 3 attempts – must not be consecutive (exceptions under 6-7)

- Athlete must land on their feet

If the athlete does not land on their feet it is a foul

- Athlete must jump over the bar

If the athlete knocks the bar from its supports whilst in the act of jumping, or leaving the mat it is a foul. The athlete must not attempt to hold the bar or replace the bar while jumping

- Athlete generally has one minute to complete their jump, if not it is a foul

Coaching Tips:

Scissors

- 8-10 steps should follow a straight line – approx 30° to the bar
- Jumper accelerates through the last 3 strides & runs off the ground
- Take off foot is farther from the bar, the inside leg is the free swinging leg
- Take off is flat-footed with jumper's weight over the take-off foot
- Inside leg swings up over the bar
- Inside shoulder is not dropped towards the bar
- Clearance is effected by lifting the take off leg over the bar, whilst the swinging leg 'scissors' onto the mat
- Jumpers must land on their feet



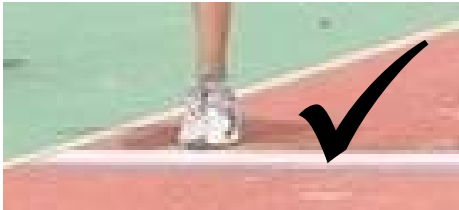
Long Jump

- The athlete must run up along the run way
- The athlete must jump off or before the board or mat
- Mat needs to be placed 50cm back from the sand pit
- Each athlete is allowed three (3) attempts, they must not be consecutive
- The athlete must exit through the back of the pit
- The Athlete has 1 minute to complete their jump after being called.



Fouls

- Any part of the athletes take-off foot protrudes over the front line or from outside either end of the mat or board



- After completing a jump the athlete walks back through the pit
- In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump
- Any type of somersaulting is used
- If the athlete fails to land in the pit (landing on the run up constitutes a foul)
- If the athlete runs past the front edge of the mat/board in the course of the run up

Measuring

U6-U12 – measure from take-off mat (nearest edge to the sandpit) to the break in the sand nearest to the take off area (whether it is where they landed or if they have fallen backwards and left a hand print)

U13-15 – measure from the board (edge nearest the pit) to the break in the sand nearest the take off area (whether it is where they landed or if they have fallen backwards and left a hand print)

If an athlete takes off before reaching the take off board the measurement is taken from the edge furthest from the pit

Triple Jump

HOP – STEP – JUMP

(right-right-left) or (left-left-right)

Run Up –

- 11-15 sprinting strides
- Must be very fast to achieve full speed at the board
- Jump off the board – NOT BEFORE OR AFTER
- Athlete has 1 minute after being called to complete their jump
- Each athlete is allowed 3 attempts – must not be consecutive

Foul

- If any part of the athlete's take off foot protrudes over the front line or from outside either end of the mat/board
- After completing the jump the athlete walks back through the pit
- In the course of landing the athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump
- Any type of somersaulting is used
- If the athlete fails to land in the pit (landing on the run-up constitutes a foul)
- If the athlete runs past the front edge of the mat/board in the course of a run up
- If the athletes hop or steps into the pit before landing

Measure from the take-off mat/board to the break in the sand nearest the take off area

Discus

Rules:

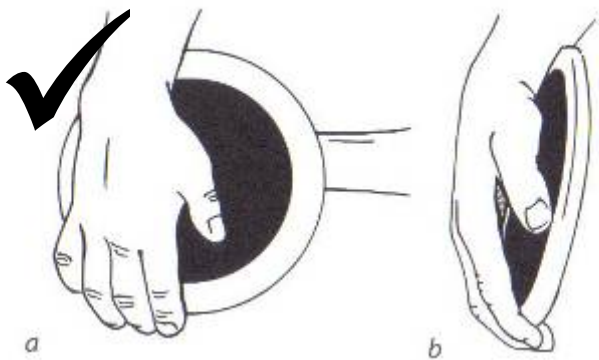
- Each athlete is allowed 3 attempts – they must not be consecutive (exception u6,7)
- Athletes must commence trial from a stationary position in the circle
- Athletes can enter the circle from any direction but **must leave the circle behind the centre**



line extension

- Must not leave the circle until the discus has landed
- Athlete has 1 minute to complete their trial after being called

How to hold a discus:



Fouls

- If the discus lands on the sector tape/line or outside it
- if the athlete after stepping into the circle and begins to make a throw, touches with any part of his body the ground outside the circle or on top of the iron band.

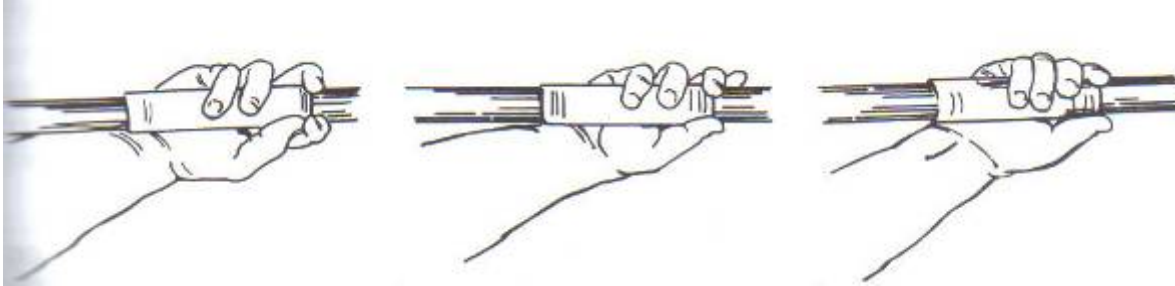
Measuring

- measurement is taken from the imprint in the ground where the discus first hits the ground
- tape is pulled through the centre of the circle and the measurement is taken at the outside edge of the rim of the circle

Javelin

Rules:

- Javelin must be held at the grip



- Javelin must be thrown over the shoulder or upper arm
- Must strike the ground with the tip of the metal head first – it doesn't have to stick
- Javelin must land within sector lines
- athlete must not touch the foul line or pass over the foul line and touch the ground in the throwing sector
- Athlete has 1 minute to complete their trial
- Athlete must leave the run-up area from behind the curved foul throw line and the extension lines on either side of the run-up
- Athlete must not leave the run up area before the javelin hits the ground

Each athlete is allowed 3 attempts – must not be consecutive

Foul

- if the javelin is thrown with a slinging action
- if an athlete turns their back to the throwing area at any time **during the run-up** before the javelin is discharged into the air
- if any part of the javelin except the metal head hits the ground first
- if the javelin lands on or outside the sector lines



Measuring

- Measurement is taken from the point where the javelin first hits the ground to the run-up side of the foul line.

Age Marshall - stand on the right hand side for a right-handed thrower, left hand side for a left hand thrower, watch for fouls

Shot Put

Rules

- Each athlete is allowed 3 attempts – must not be consecutive
- Athlete has 1 minute to complete their trial
- throw commences from a stationary position in the circle
- shot is put with one hand only – when commencing a put the shot shall touch or be in close proximity to the neck or the chin – the hand shall not be dropped below this position during the action of putting – shot shouldn't be taken behind the line of the shoulders
- athlete may enter the circle from any direction – though must leave the circle behind the centre extension line

Foul

- if the athlete after stepping into the circle touches with any part of his body the ground outside the circle, the top of the iron band/stop board
- improperly releases the shot in making an attempt
- exists the circle before the shot has landed
- exists the circle in front of the centre extension line



Measuring

- measurement is taken from where the shot first hits the ground – the tape must be pulled through the circle and the measurement is taken at the inside edge of the circle/stop board



Track Events

- All sprint events 70m – 400m are run in lanes
- 200m and 400m athletes start on staggered lanes
- Athletes must not run out of their designated lane
- When starter says 'set' – assume final starting position and remain motionless
- U13 + have the option to use starting blocks (100m, 200m and 400m)
- middle distance (800m, 1500m) move into lane 1 after break line

Starting technique

On Your Marks

Set



Foul/Disqualification

- if an athlete breaks before the starting gun – entire field gets 1 warning – 2nd false start by any athlete means immediate disqualification
- if an athlete runs out of their lane
- jostling or interference to another athlete

Hurdles

- Athletes must make an attempt to clear the hurdles
- Athletes can be disqualified for deliberately knocking down hurdles with hands or feet

Technique:



Walk

- time limits apply (8 minutes – 700m, 10 minutes – 1100m, 12 minutes for the 1500m)
- Athletes must keep contact with the ground – no loss of contact (that is visible to the human eye) should occur – advancing leg should be straightened (not bent at the knee) from the moment of first contact with the ground until the vertical upright position
- Foul occurs if an athlete does not use the correct technique – judges give cautions and warnings – 3 warnings means disqualification

Tiny Tots



1. Parents must join in
2. Listen to the coach
3. The running track is like a road, when you need to cross it you must look both ways and make sure there are no runners coming
4. HAVE FUN!

