Organising and conduction a school athletics carnival- Carnival officials guide

Whole carnival officials:

Announcer

Main roles

- The announcer is responsible for keeping the audience informed about the ongoing events. This includes the 'calling' of events to be marshalled and program updates (including changes). The announcer has a key role in setting the 'flow' of the carnival and ensuring it runs smoothly.
- The announcer may share the results of events, including the names of students who advance to the next level of competition and any records that are broken during the carnival.
- The announcer makes important safety announcements, such as reminders to stay in designated areas, not to cross the track during events, to reapply sunscreen, stay hydrated or follow any specific protocols during the carnival.
- The announcer works closely with event officials and staff to ensure the smooth running of the carnival, coordinating schedules, addressing any issues, and making sure the events progress as planned.

How to be an announcer at a carnival

1. Have the best view of the track, field events and marshalling areas as possible.
2. Be familiar with the event program and establish a clear scheduled for 'calling' students to marshal for each event. Where possible assign this role to a member of staff who is experienced in school carnivals.
3. Volume and quality of sound of announcements is critical to the success of the carnival. The hiring of professional equipment and set up may be required.

Suggestions for school carnivals

- Where possible assign this role to a member of staff who is experienced in school carnivals.
- To maintain a clear view of the venue and minimize distractions, station the announcer within a designated 'officials only' area.
- Volume and quality of sound of announcements is critical to the success of the carnival. The hiring of professional equipment and set up may be required.

Track officiating positions:

Track referee

Main roles

- Monitoring the track events to ensure athletes adhere to the rules and regulations. This includes promoting sportsmanship between athletes and respectful communication between athletes and officials.
- Supporting officials in completing their duties, this could include ensuring they have the equipment they need and they understand the rules of the event.
- Adjudicating on important decisions during the event and overseeing the recording of results. This may include addressing any infringements or disputes, such as false starts, lane violations, obstructions or interferences.
- Prioritising the safety and wellbeing of the athletes, officials and spectators. This includes ensuring that the competition area is clear of any hazards and monitoring the conduct of participants and spectators.

How to be a track referee

- Conduct a pre-carnival briefing for all track officials providing them with important information about event procedures, rules, any modifications or specific instructions.
- Monitor the timing of track events to ensure the carnival is running on time, if it is not, be proactive by communicating with the announcer, marshal/s, starter, timekeepers and judges. This may involve assisting and supporting track officials where there are bottlenecks or delays.
- Lead, with the assistance of other track officials, the observation of athlete infringements during an event, including:
    a) Running out of lanes (particularly on bends).
    b) Correct leaving of lanes at the breakpoint in the relevant events (i.e., 800m).
    c) Supervising the take-over zones for relay races.
- Handle any disputes or protests for track events that may arise.
- Warning or excluding any athlete from the competition for improper conduct.

Suggestions for school carnivals

- A member of the Executive team or the carnival convenor/assistant takes on the role.
- Prior to the carnival communicate in writing to teachers, volunteers, students and parent/carers how/if a protest can be made. Consider how protests are to be submitted for example in writing or verbally, who can protest and what evidence can/cannot be submitted.
- In the briefing, reinforce that all track officials can help by observing the races for track infringements.
- For relays, you can utilise officials who have finished their duties for the day to monitor the exchange zones.

Safety considerations

Refer to the Specific sport and physical activity guidelines for athletics, the track specific information is below.

- The track must be checked to ensure it is free from obstacles and loose objects.
- Starting blocks, pegs and hammers must be removed from the track and stored in a safe place when not in use.
- Refer to Starting guns / pistols and caps page within the SSU's Supporting tools and resources.

Sprints

- Finishing tapes must not be used in sprint activities.
- Students should run in lanes wherever possible.
- Ensure students are aware of potential dangers regarding the use of spikes.

Relays

For relay activities the following strategies must be employed:

- For 4 x 100m events, instruct students to stay in their lanes during baton changes and for a safe period afterwards. For 4 x 400m relays, this applies to the first change only.
- Ensure relay changeover areas are always supervised during competition.
- Ensure all batons are made of lightweight material such as aluminium and are regulation size.
- Spikes must not be worn by students when learning baton changing.

Hurdles

For hurdle activities the following safety strategies must be employed:

- Ensure hurdle weights are not placed too far from the base of the upright for the height of the hurdle.
- Instruct students that hurdling must take place only in the direction for which the hurdles are designed to fall.
- Ensure hurdles used for training beginners and primary school students are of light-weight construction.
- Ensure hurdle heights and spacing are set to facilitate learning of the correct technique.

The starter

Main roles

- Providing instructions to students, such as explaining the starting commands, where to start and race rules.
- Communicating with other officials, such the timekeepers, marshals and judges.
- Starting the race by giving the commands, firing a starting gun, sounding an electronic tone, or using another audible signal.
- Observing for false starts and then notifying students and recalling and restarting the race if necessary.
- Maintaining safety by ensuring that the track is clear of any obstacles or hazards before starting the race and following Sport Safety Guidelines, particularly when using a starting gun.

How to start a race

1. Call students for the next race to the start line. Work with marshal to ensure they are in their correct positions.
2. Provide a race briefing, explain the start commands and any race rules.
3. Communicate with the head timekeeper to ensure the timekeepers are ready to start, this could be accomplished by using a flag, a two-way radio, or a hand signal.
4. Check the track is clear.
5. Ensure students are behind the start line.
6. Start the race using the commands as outlined below:
    a. For the 100m, 200m and 400m, hurdles and relays the instructions are “ON YOUR MARKS, SET” and then fire the gun.
    b. For races 800m and longer, the commands are “ON YOUR MARKS” and then fire the gun.
7. Check for false starts, if there is a false start fire the gun a second time and call the athletes back to start. When ready start the race again.

Suggestions for school carnivals

- Starters should stand where they have the best view of all students on the start line.
    a) For any races in the straight, stand 1-2 metres in front of the start line and 4-5 metres away from the inside edge of the track.
    b) For the 200m, stand behind the start line, on the inside of the track.
    c) For the 400m and 800m, stand behind the start line, on the outside of the track. For the 400m and 800m, stand on the outside of the track 4 – 5m in front of the final athlete.
    d) For 1,500m races and longer stand where you can see all athletes on the start line.
- Students move to the start line when you say, “ON YOUR MARKS". Check that they are completely behind the start line, with one knee touching the track (for a crouch start). Give them time to get comfortable before saying ‘set’.
- Once all students are steady, raise the gun (so it can be seen by the timekeepers) and say “SET”. Students should immediately come to the SET position.

- The gun should be fired once all athletes are set and steady, don't delay the start unnecessarily.
- For an 800m start or longer, students start in a standing position (no crouch starts).
- If any student moves or is unsteady at any time during the start procedure, stop the start, ask the students to stand up and start again.
- Consider implementing a rule on false starts like the NSWPSSA false start rule below. This rule strikes a balance between fair competition and encouraging student participation.

Rules and regulations

Rules for track events

- NSWPSSA false start rule: Any athlete making a false start shall be warned. Any athlete(s) making further false starts in the race shall be disqualified from the race. If the disqualification is in the heat, the athlete will be advised of their disqualification but allowed to complete the race.
- NSWCHS false start rules:
    a) 12 years, 13 years and pentathlon: Any athlete making a false start will be warned. Only one false start per race shall be allowed without disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts shall be disqualified.
    b) 14 years through to 17+ years inclusive: Any athlete responsible for a false start shall be disqualified, this can be more than one athlete.
- In the 800m race, there are a few different ways the start can be conducted.
    - Staggered Start in Lanes: This is the most common method. Athletes start from staggered positions in lanes, usually ranging from 1 to 8 lanes. The start takes place in lanes, and athletes must stay in their assigned lanes for a certain distance, usually 100m, before moving to the inside of the track.
    - Waterfall Start: This method is like the staggered start but involves fewer lanes. Athletes start in a staggered formation, but they might be grouped into fewer lanes at the beginning of the race. As the race progresses, athletes can break from the staggered formation and move to the inside lanes.
    - Alleys Start: In this approach, athletes are positioned in wider lanes than usual, similar to lanes in a standard track and field oval. They start from these wider lanes and can immediately move to the inside of the track after the starting gun.
- Any athlete who jostles, pushes or obstructs another athlete during a race could be disqualified.
- On a bend, if an athlete steps on the lane line on their left more than once or runs into the lane on their inside they can be disqualified for shortening the distance of the race. This rule also applies for the inside border of the track.
- On a straight, it is ok for an athlete to run into an inside lane or touch the lane line as they have not shortened the race distance. If they obstruct another athlete, they can be disqualified.
- The following constitute a false start:
    - Starting before the gun.
    - For a crouch start, lifting one/both feet or hands from the track before the start.

- In the case of a standing start, lifting one/both feet before the start. This does not include if they accidentally fall over.

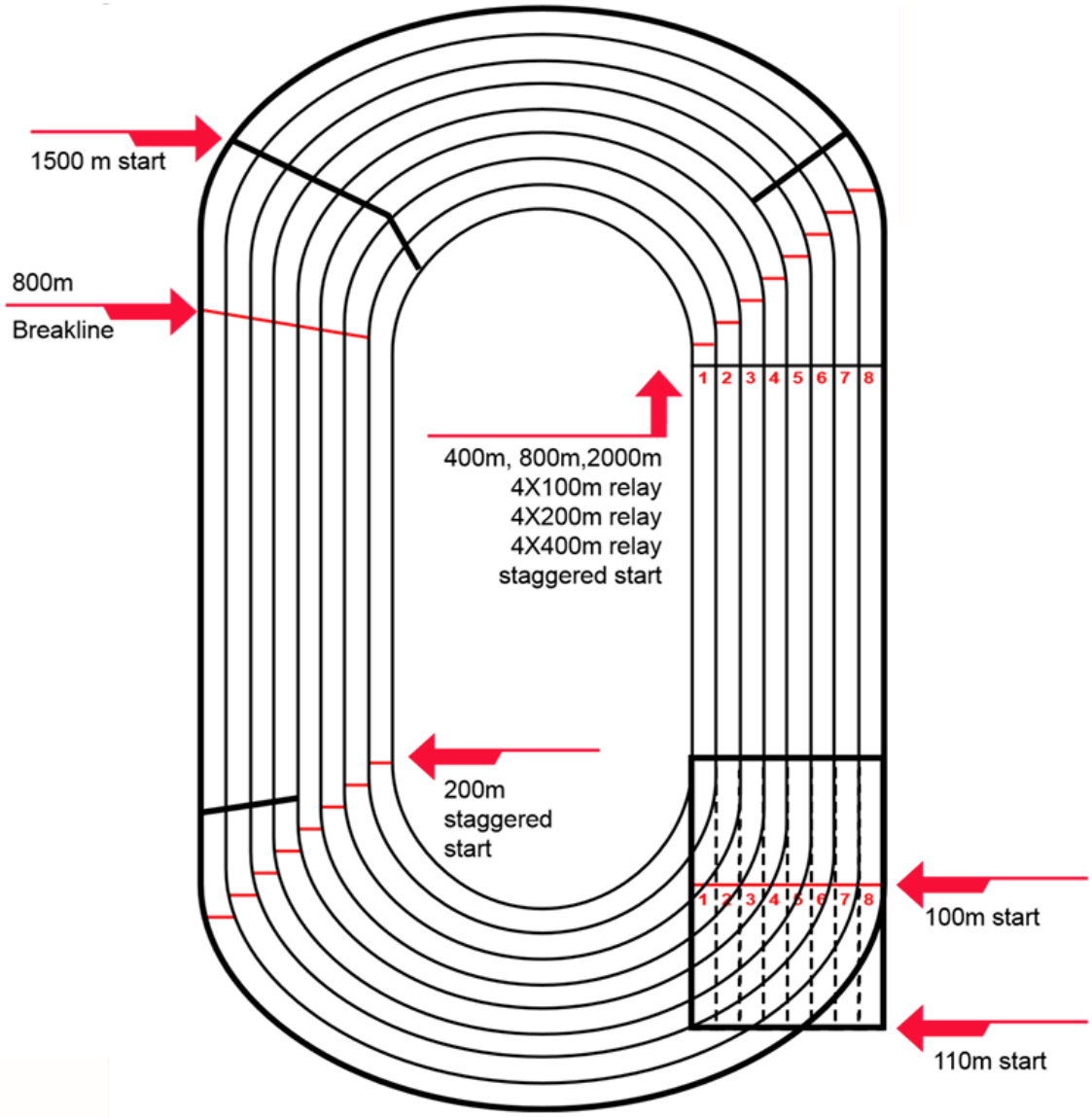
Safety considerations

Principals must ensure that the following safety requirements are met:

- schools are not to use the older style starting guns which require a permit,
- when not in use, starting guns and caps are to be securely stored in a locked cupboard inaccessible to students or unauthorised persons,
- caps must be kept in a rigid plastic or wooden box that is labelled clearly until ready for immediate use,
- no student is allowed to operate a starting gun or have access to a starting gun or caps,
- caps are not to be carried in pockets or placed in situations where friction or static electricity may cause ignition.

Staff members using the starting gun must:

- fire the starting gun at arm's length above the shoulder,
- wear earmuffs,
- require other assisting adults to wear hearing protection,
- position all other people at a safe distance from the starting area,
- keep the starting gun and caps in their possession-securely dispose of all spent or partially spent caps.


1500 m start
800m
Breakline
1 2 3 4 5 6 7 8
400m, 800m,2000m
4X100m relay
4X200m relay
4X400m relay
staggered start
200m
staggered
start
1 2 3 4 5 6 7 8
100m start
110m start

Marshal

Main roles

- Supervising students within the marshalling area.
- Ensuring students are in the correct event for their age and gender.
- Briefing students on the race and responding to questions or concerns.
- Organising students into heats and assigning lanes.
- Working with the starter to ensure a timely start for each race.

How to marshal students

1. Greet students at the marshalling area and state the age/gender division of the race/s being marshalled.
2. Group students into heats, see suggestions below.
3. Beginning with heat 1, assign each student a lane and ask them to stand behind the start line (at least 5m) in their designated lane.
4. Repeat for remaining heats, reminding students to stay in their heat line and lane line.
5. Inform the starter when the heats are ready.
6. The first heat moves forward up to the start line when the starter calls ‘ON YOUR MARKS’.
7. One of the marshals can assist the starter by checking all students are behind the line.
8. Once the race has started, move remaining heats forward.

Suggestions for school carnivals

- Use numbered cones to clearly indicate where students should stand/sit once allocated a heat and lane. For the 100m and 200m events this can be directly behind the start line. For all other events this should be on the outside of the track next to the start line.
- Mark designated zones, using cones, in the marshalling area for students to sit while waiting to be marshalled.
- Ask students to sit in house groups on arrival at the marshalling area to ensure there is an even spread of houses in each heat. This can also help with allocating house points.
- Communicate with carnival announcer regularly to ensure smooth transitions between events.
- In the marshalling area remind students to remain in their lanes at the conclusion of the race while places are being assigned.
- A minimum of 2 marshals is recommended for school carnivals.
- Give multi-class athletes a choice in how they would like to participate. This could be with peers of the same age and gender, other multi-class athletes or within their classification. All multi-class athlete's times are to be recorded for progression in the Representative School Sport Pathway.
- Marshals should be aware of when track and field events clash and support students so that they don’t miss their events.

Rules and regulations

- Deaf or hard of hearing athletes can wear hearing aids for marshalling but they must be removed before the start of the race.

- When an athlete's field and track event are at the same time, the track event takes priority, they can leave the field event to participate in their race and then should return to field event immediately after the race.

Chief timekeeper

Main roles

- Leading timekeepers in the accurate and consistent timing of track races by using precision timing devices such as stopwatches or electronic timing systems to measure the duration of each race.
- At the end of each race, recording the time of all students in conjunction with the place order determined by the judge(s).
- Supporting timekeepers throughout the day. This includes providing technical assistance, 'covering' them if they miss a start, arranging a replacement as required and general encouragement.

How to be a chief timekeeper

1. Before the first race, brief all timekeepers on how to operate the stopwatch/timing system and the specific timekeeping procedures that are in place.
2. Stand in line with the finish and 5m outside the track. Ensure you and all timekeepers have a good view of the finish.
3. Inform the starter when all the timekeepers are ready.
4. Be alert and ready to start timing when the starter raises the starting gun.
5. Start the timer when the flash/smoke of the gun is seen. Check with timekeepers if anyone missed the start and cover the lane of anyone who did.
6. If 'coving' a lane, watch it as students approach the finish line. Stop your timer as soon as the student's torso crosses the finish line. For wheelchair and frame running events, stop your timer when the front axle of the leading wheel crosses the finish line.
7. Collect times from all lanes. Records should include:
    a. Event (e.g., girls 10 years 200m
    b. Race (e.g., Heat 3, Final)
    c. Time for the student recorded.
8. Corroborate collected times with the placings from the judge(s). If there is a discrepancy between the times and the judge(s)' placing the judge(s)' placings take precedence.
9. Once you are satisfied that all times have been correctly recorded instruct timekeepers to clear their stopwatch and prepare for the next race.

NOTE: When there are 2 results for a lane the slower time is recorded. When there are 3 results, the middle time is recorded.

Suggestions for school carnivals

- An experienced teacher or member of the Executive team takes on the role.
- Use finish line recording technology to confirm timings. Your local athletics club may be able to provide equipment, or there are photo finish apps for tablets/smart phones.
- Chief timekeeper uses a multi-timer stopwatch to record multiple lanes/places.
- When no timekeepers miss the start, the chief timekeeper records the time of first place to assist with accuracy in case of a potential broken record.

- Remind timekeepers to stand in the lane with students when they finish to remind them to stay in their lane as judges make decisions and times are recorded.
- Prior to the first race ensure all timekeepers know how to use stopwatch:
    a. Hold the watch between the thumb and forefinger.
    b. Use forefinger for start/stop button and thumb for reset button.
    c. Try to keep the watch as still as possible.
    d. If the watch has a lap/split time it will allow the timekeeper to take multiple times (usually used for long distances). Press the button as athletes finish their race. To recall these times, press 'recall', located at the top of the watch. Every time 'recall' is pressed the next time will be displayed on the screen. Press 'reset' when all times have been recorded.

Rules and regulations

- For races up to the 400m, 4 x 100m relay and 4 x 400m (CHS event), the starting orders are ON YOUR MARKS, SET followed by the firing of the gun.
- For events 800m and longer, it is ON YOUR MARK followed by the gun being fired.
- The athlete has finished the race once any part of their torso crosses the finish line. Please note that head or limbs do not count as the torso. For wheelchair and frame running events, they have finished when the front axle of the leading wheel crosses the finish line.

Timekeepers

Main roles

- Ensuring accurate and consistent timing of track races by using precision timing devices such as stopwatches or electronic timing systems to measure the duration of each race.
- At the end of each race, recording or reporting the time of the student they were responsible for timing.
- Collaborating with the starter, judge(s) and recorders to ensure smooth coordination of races.

How to time keep

1. Stand in line with the finish and 5m outside the track. Ensure you have a good view of the finish.
2. Inform the chief timekeeper when you are ready, the chief timekeeper will inform the starter that the timekeepers are ready.
3. Be alert and ready to start timing when the starter raises the starting gun.
4. Start the timer when the flash/smoke of the gun is seen. If you miss the start inform the chief timekeeper immediately.
5. Watch your allocated lane(s) as students approach the finish line. Stop your timer as soon as the student's torso crosses the finish line. For wheelchair and frame running events, stop your timer when the front axle of the leading wheel crosses the finish line.
6. Report your allocated lane(s) time(s) to the chief timekeeper.
7. If there is no chief timekeeper, record the times. Record should include:
    a. Event (e.g., girls 10 years 200m
    b. Race (e.g., Heat 3, Final)
    c. Time for the student recorded.
8. Do not clear your stopwatch until the chief timekeeper is satisfied that all times have been correctly recorded.

Suggestions for school carnivals

- If needed ask parents/carers to be timekeepers and use teachers experienced/confident in timekeeping as chief timekeeper and place judges.
- Use finish line recording technology to confirm timings. Your local athletics club may be able to provide equipment, or there are photo finish apps for tablets/smart phones.
- Timekeepers stand in the lane with students when they finish to remind them to stay in their lane as judges make decisions and times are recorded.
- Prior to the first race ensure all timekeepers know how to use stopwatch:
    a. Hold the watch between the thumb and forefinger.
    b. Use forefinger for start/stop button and thumb for reset button.
    c. Try to keep the watch as still as possible.
    d. If the watch has a lap/split time it will allow the timekeeper to take multiple times (usually used for long distances). Press the button as athletes finish their race. To recall these times, press ‘recall’, located at the top of the watch. Every time ‘recall’ is pressed the next time will be displayed on the screen. Press ‘reset’ when all times have been recorded.

- Set up an exclusion zone around the finish line so that judges and timekeepers can work without interference from spectators. This can be 10-15m in front of or behind the finish line, or up to 10m beyond the line on the outer side of the track.

Rules and regulations

- For races up to the 400m, 4 x 100m relay and 4 x 400m (CHS event), the starting orders are ON YOUR MARKS, SET followed by the firing of the gun.
- For events 800m and longer, it is ON YOUR MARK followed by the gun being fired.
- The athlete has finished the race once any part of their torso crosses the finish line. Please note that head or limbs do not count as the torso. For wheelchair and frame running events, they have finished when the front axle of the leading wheel crosses the finish line.

Track recording sheet

Event Details	Placing	Name	House	Time
School:	1st			
Track Event:	2nd			
Gender:	3rd			
Age:	4th			

Lane	Name	House	Time	Place
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Place judge

Main roles

- Determining the finishing positions of participants in track events, by assessing the order in which athletes cross the finish line.
- Identifying the first, second, third and fourth place finishers according to the rules and regulations of the event. Using technology or timing systems, where available to make accurate determinations.
- Collaborating with timekeepers to ensure alignment between recorded times and the observed finishing positions.
- Communicating finishing positions with recorders promptly following the race, usually by completing a track recording sheet.

How to judge a race

1. Stand in line with the finish and 5m on the opposite side of the track to the timekeepers. Ensure you have a good view of the finish.
2. Watch the race as the students' approach the finish line. As they cross the finish line identify which lane finished in which place for example lane 4 finished 1st, lane 1 finished 2nd etc.
3. Write down your placings. Communicate these to the chief timekeeper.
4. Always act independently. Only share your place(s) with the chief timekeeper.

Suggestions for school carnivals

- Imagine the closest edge of the finish line is a pane of glass. Once athletes break the pane, with any part of their body, they have crossed the line. The body is the torso, from the shoulders to the hips and does not include the head, neck, arms, legs or hands. For a wheelchair or frame running event, you place the athletes as the front axle of the leading wheel crosses the finish line.
- Only one judge is typically needed, but 2 is beneficial.
- Only use teachers or independent adults such as paid athletics officials.
- Set up an exclusion zone around the finish line so that judges and timekeepers can work without interference from spectators. This can be 10-15m in front of or behind the finish line, or up to 10m beyond the line on the outer side of the track.
- Use finish line recording technology to confirm placings. Your local athletics club may be able to provide equipment, or there are photo finish apps for tablets/smart phones.
- If you are using a tablet/smartphone, have 2 set up on tripods to record the finish of alternating races, or in case one fails.

Field officiating positions:

Field referee

Main roles

- Monitoring the field events to ensure athletes adhere to the rules and regulations. This includes promoting sportsmanship between athletes and respectful communication between athletes and officials.
- Supporting officials in completing their duties, this could include ensuring the equipment they need, they understand and the rules of the event.
- Adjudicating on important decisions during the event and overseeing the recording of results. This may include addressing any infringements or disputes, such as fouls and bar height changes.
- Prioritising the safety and well-being of the athletes, officials and spectators. This includes ensuring that the competition area is clear of any hazards and monitoring the conduct of participants and spectators.

How to be a field referee

1. Conduct a pre-carnival briefing for all field officials providing them with important information about event procedures, rules, any modifications or specific instructions.
2. Monitor the timing of field events to ensure the carnival is running on time, if it is not, be proactive by communicating with your announcer, marshal/s and field officials. This may involve assisting and supporting filed officials as required.
3. Assist field officials with the observation and enforcement of athlete infringements during events.
4. Handle any disputes or protests for field events that may arise.
5. Warning or excluding any athlete from the competition for improper conduct.

Number of trials

Throwing events

Each competitor typically receives 3 attempts.

An additional 3 attempts can be given to the top 8 performing competitors following the first round of trials if there are more than 8 competitors and time permits.

At least 1 warm-up trial is encouraged prior to the competition.

Suggestions for school carnivals

- A member of the Executive team or the carnival convenor/assistant takes on the role.
- Prior to the carnival communicate in writing to teachers, volunteers, students and parent/carers how/if a protest can be made. Consider how protests are to be submitted for example in writing or verbally, who can protest and what evidence can/can't be submitted.
- In the briefing, reinforce that all field officials can help by observing for field infringements.
- Wear a high visibility vest to be easily seen by other officials.

Safety considerations

Refer to the Specific sport and physical activity guidelines for athletics, the field event information is below.

Jumping Events

- Landing and take-off areas must be maintained to avoid risk of injury to students. Equipment awaiting use must be supervised.
- Equipment not in use must be properly stored to prevent unauthorised use.
- Jumping events are not to be undertaken by students with a history of ankle or knee injuries.

High jump

The supervising teacher does not need high jump accreditation to officiate at school or zone carnivals. Accreditation is only required to teach or instruct the Fosbury Flop, not to officiate it. However, it's important to remind the supervising teacher that, like all school sport activities, they must use their judgment to ensure safety during the event. This includes monitoring for potential risks like hitting the bar, missing the mat, or landing on their head. If necessary, the teacher can remove the student or direct them to use the scissors technique.

For high jump activities the following safety strategies must be employed:

- Ensure that where the landing area consists of several mats, they are held firmly together with straps or ties and the whole area is covered with a one piece overlay.
- Ensure mats are carried by handles at the side and not carried aloft on backs, shoulders or head.
- Ensure run-up and take-off areas are level, dry and free from slippery material.
- Specific take-off points should be identified and insisted upon to avoid landing off the mats.
- Triangular bars must not be used at all. Circular fibreglass bars are recommended for competition.
- To ensure high jump bars do not carry onto the landing mats, it is recommended that looped straps are used.
- The high jump bar must be removed from the competition area when not in actual use for supervised pre-competition warm-ups and actual competition.
- The high jump uprights must be sufficiently stable to avoid falling on to the mats during the course of a jump.

High jump landing mats should:

- Cover an area of approximately 3600mm x 2400mm with height from floor of 600mm.
- Be linked together to avoid separation.
- Have linking tabs spaced at the distance of one every 900mm.
- Have a breathing fabric on the top (landing) surface which is spike resistant.
- Be filled with a foam rubber or synthetic foam block with a minimum density of 18 kg/m^3
- Gymnastic mats are unsuitable for use as materials directly landed upon by the competitor, but may be used, at a depth of 15cm, around the end/back periphery of suitable high jump bags.

Long/triple jump

For long/triple jump activities the following safety strategies must be employed:

- Rake landing pits before any jumping takes place. Any solid or sharp objects must be removed.

- Ensure the take-off board is clearly visible (and preferably painted white), flat and level with the ground surface.
- Steel or wooden markers are not to be used to note distances either adjacent to or in the landing pit. Coloured strips of a flat flexible material are suggested to indicate distances achieved by participants.
- Ensure the approach area is clearly defined and kept free from any obstructions.
- Ensure jumping takes place from one direction only.
- Rake pit after each jump to ensure a level landing surface.
- Ensure rakes, forks and shovels are not left unattended in, or beside, the jumping area.
- Ensure the depth of sand is appropriate for competition in all age groups and that the depth of the sand is consistent in all areas of the pit.
- The triple jump is not recommended for students with a history of ankle or knee injuries.

Throwing Events

Throwing events require the development and refinement of coordination, skills and techniques to improve performances. In addition, strength is important in these events.

Training is of a repetitive nature and thus young athletes are at risk from overuse injury to immature tissues especially in the vicinity of upper limb joints, with the lower back and knees also being areas of concern. These injuries can be avoided if young students limit or restrict their volume of throwing in each session. Most throwing should also be sub-maximal in training situations.

Due to the nature of throwing events, special attention needs to be given to supervision at training activities or competition events. To ensure maximum safety, the following strategies must be employed:

- Activities must be sited away from buildings, pedestrians and other activities.
- The site must enable adequate supervision of students.
- The throwing area must be of adequate width for group instruction, or alternatively, the number of throwers is reduced.
- All throwing takes place in one direction.
- The safety of individuals in adjoining areas is assured.
- Considering the ability level of the group, the throwing area must be of adequate length to contain the implements thrown.
- The throwing sector area, approach and launch areas must be marked with highly visible markers to prevent access by non-participants.
- The approach and launch area must be dry and free of any loose materials.
- Students should walk to retrieve implements only after the all clear is given. The implement should be returned by carrying, not throwing or rolling.
- Students must be given instructions as to their movements following the throw and awaiting retrieval.

Shot Put

For shot put activities, the following safety strategies must be employed:

Transport shots in sturdy containers and give due consideration to limiting the total mass.

- Ensure students are in line, adequately spaced, and all throwing occurs in the one direction when instructing groups in the standing throw and linear glide techniques.
- The rotational throwing technique should only be carried out by a qualified athletics instructor. For group instruction in the rotational throwing technique:
    a) Ensure the turn is practised with modified equipment or without a shot.
    b) Where the shot is to be thrown using the turn, ensure only one individual throws at a time.
    c) Where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire.
    d) Where a protective cage or barrier is unavailable, ensure other students are at least 10 metres behind and to the non-throwing side.

It is recommended that a specific throwing area be set aside for shot put. This will assist when repairing indentations (using sand/soil) following the period of use. This measure will reduce the risk of ankle injuries.

Protective cages or improvised barriers are recommended when using the turn (e.g. fence, hockey nets).

Discus

For discus activities the following safety strategies must be employed:

- Check discuses and withdraw from use those with cracked rims or loose centre screws.
- For group instruction in the standing throw ensure:
    a) Throwers are at least 5 metres apart.
    b) Left-handed throwers are placed on the left side of the group.
    c) For group instruction in the turning throw:
    d) Ensure the turn is practised with modified equipment or without a discus.
    e) Where a discus is to be thrown using the turn, ensure that only one individual throws at a time.
    f) Where throwing takes place, ensure other students are behind protective cages or barriers and well clear of the protective wire.
    g) Where a protective cage or barrier is unavailable, ensure that other students are at least 20 metres behind and to the non-throwing side
    h) Ensure discuses being returned to the throwing area are carried not rolled.

Protective cages or improvised barriers are recommended when using the turn (e.g. fence, hockey nets).

Javelin

For javelin activities, the following safety strategies must be employed:

- Ensure javelins are carried by the grip and in a vertical position with the tail up, except when the thrower has entered the specific approach area and is preparing to throw.
- Forbid running with the javelin except when preparing to throw.
- Forbid running to retrieve a javelin to prevent running into the tail end of a javelin.
- Instruct students to place one hand over the tail end of the javelin before attempting to twist it from the ground.

- Instruct students to place one hand over the tip of the tail end when picking up a javelin lying flat on the ground. This hand should be kept in place until the tail end is raised above head height as the javelin is lifted into the vertical position.
- Ensure javelins being returned to the throwing area are carried.
- For group instruction:

    a) Ensure all throwing is from one line only and within clearly marked side boundaries.
    b) Students are to be appropriately spaced.

- Assemble other students at least 10 metres behind and to one side of the marked approach and delivery area.
- Ensure javelins are not thrown under or near power lines.

Shot put official

Shot put is a throwing event where athletes throw a heavy spherical object called a shot as far as possible within a throwing sector. The athlete holds the shot against or near their neck, then propels it forward using a pushing motion while rotating the body. The objective is to achieve maximum distance while staying within the designated throwing sector. The 'put' is measured from the point where the shot first touches the ground.

Main roles

- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for shot put.
- Organising students to ensure that the event is run fairly and within the designated time.
- Ensuring that athletes use the correct weight for their age/gender, use correct technique and abide by the rules of the event.
- Accurately measure and record throws, as determined by the established guidelines.

Rules and regulations

Measure each valid trial (attempt), determine whether trials are deemed valid (white flag raised) or non-valid (red flag raised).

Equipment

Recording sheets, measuring tape, measuring tape spike, marking pins, shot puts, red and white flag.

Throwing weights

Primary

Age	Weight for girls	Weight for boys
8 - 10 years (Junior) and 11 years	2kg	2kg
12/13 years	3kg	3kg

Secondary

Age	Weight for girls	Weight for boys
12 and 13 years	3kg	3kg
14 and 15 years	3kg	4kg
16 and 17+ years	3kg	5kg

Number of trials

Each competitor typically receives 3 attempts.

An additional 3 attempts can be given to the top 8 performing competitors following the first round of throws if there are more than 8 competitors and time permits.

At least one warm-up throw is encouraged prior to the competition.

Calling the athlete

- When an athlete's name is called to perform a throw, they have one minute to perform the throw. ("Local rules" may factor in considerations of athletes competing at another event at the same time and then coming over to perform their throws).

Officiating the throw

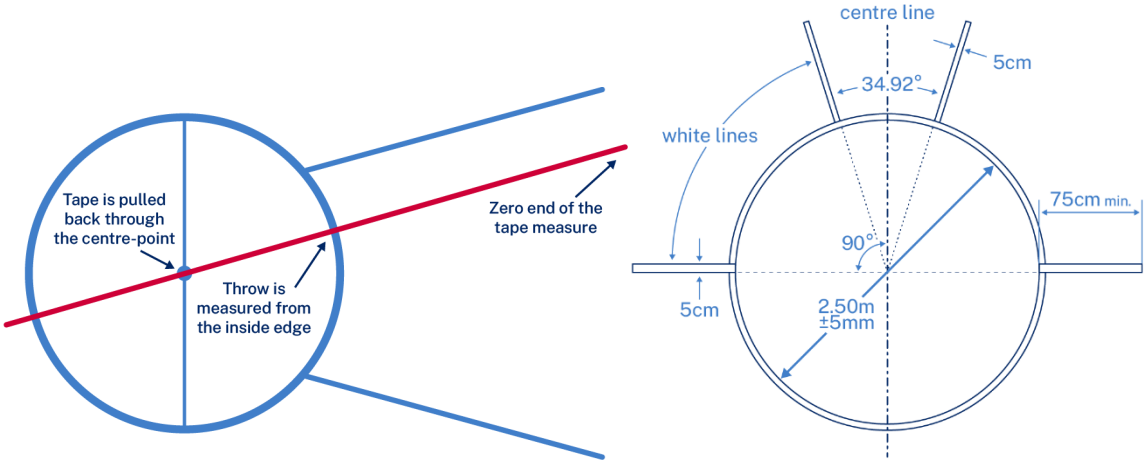
- The shot shall be put from the shoulder with one hand only.
- At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or **be in close proximity to the neck or the chin** and the hand shall not be dropped below this position during the action of putting.
- The shot shall not be taken behind the line of the shoulders.

Foul throws

- After stepping into the circle ready to start, the athlete steps outside the circle (from the front half) or touches the top of the stop board.
- The athlete leaves the circle prior the shot landing.
- The athlete leaves from the front half of the circle.
- The shot touches any part of the sector lines in its initial contact with the ground.
- The athlete pulls the shot away from the neck during delivery.

Measuring

- The zero measurement of the tape is placed on the nearer edge of the mark made by the shot and the tape is taken through the centre of the putting circle. The distance is read from the inside edge of the stop board (or inner edge of the circle). The distance is taken in metres and to the nearest centimetre below the distance put.
- The longest throw of each competitor is used to work out their placing. In the event of a tie, the next best put of the tied competitors will determine the placing.



Safety considerations

For shot put activities, the following safety strategies must be employed:

- Transport shots in sturdy containers and give due consideration to limiting the total mass.
- Ensure students are in line, adequately spaced, and all throwing occurs in the one direction when instructing groups in the standing throw and linear glide techniques.
- The rotational throwing technique should only be carried out by a qualified athletics instructor. For group instruction in the rotational throwing technique:
    - Ensure the turn is practised with modified equipment or without a shot.

- Where the shot is to be thrown using the turn, ensure only one individual throws at a time.
- Where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire.
- Where a protective cage or barrier is unavailable, ensure other students are at least 10 metres behind and to the non-throwing side.

It is recommended that a specific throwing area be set aside for shot put. This will assist when repairing indentations (using sand/soil) following the period of use. This measure will reduce the risk of ankle injuries.

Protective cages or improvised barriers are recommended when using the turn (e.g., fence, hockey nets).

Suggestions for school carnivals

- Have students seated in throwing order, behind and to the side of the direction of the throw.
- If you have a recording table, ensure the seated students aren't blocking the line of sight of the recording official and the other officials.
- As a student is throwing, call the student who is up next and allow them an opportunity to do any additional warm-ups, stretches etc. in a safe allocated area. This ensures they are ready to go as soon as possible when it is their turn.
- Where possible, have one measuring official with the beginning (zero) of measuring tape and the measuring tape spike standing out in front and to the side of the thrower, 2-3 metres past the distance they expect the shot to land. Have the second measuring official, who will read the distance, standing to the side of the thrower.

Shot put recording sheet

Name	House	Trial 1	Trial 2	Trial 3	Current best throw	Current Ranking	Trial 4	Trial 5	Trial 6	Final best throw	Final Place
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											

Valid trial = record distance - Foul attempt = mark trial with an ‘X’

Discus official

Discus is a throwing event where athletes compete to throw a discus, a round, flat object as far as possible. The athlete spins in a circle or rotates on the spot within a throwing area and releases the discus from their hand. The objective is to achieve maximum distance while staying within the designated throwing sector. The throw is measured from the point where the discus first touches the ground.

Main roles

- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for discus.
- Organising students to ensure that the event is run fairly and within the designated time.
- Ensuring that athletes use the correct weight for their age/gender, use correct technique and abide by the rules of the event.
- Accurately measure and record throws, as determined by the established guidelines.

Equipment

- Recording sheets, measuring tape, measuring tape spike, marking pins, discus', red and white flag.

Rules and regulations

- Measure each valid trial (attempt), determine whether trials are deemed valid (white flag raised) or non-valid (red flag raised).

Throwing weights

Primary

Age	Weight for girls	Weight for boys
8 - 10 years (Junior)	500g	500g
11 years and 12/13 years	750g	750g

Secondary

Age	Weight for girls	Weight for boys
12 years	750g	750g
13, 14 and 15 years	1kg	1kg
16 and 17+ years	1kg	1.5kg

Number of trials

Each competitor typically receives 3 attempts.

An additional 3 attempts can be given to the top 8 performing competitors following the first round of throws if there are more than 8 competitors and time permits.

At least one warm-up throw is encouraged prior to the competition.

Calling the athlete

- When an athlete's name is called to perform a throw, they have one minute to perform the throw. ("Local rules" may factor in considerations of athletes competing at another event at the same time and then coming over to perform their throws).

Officiating the throw

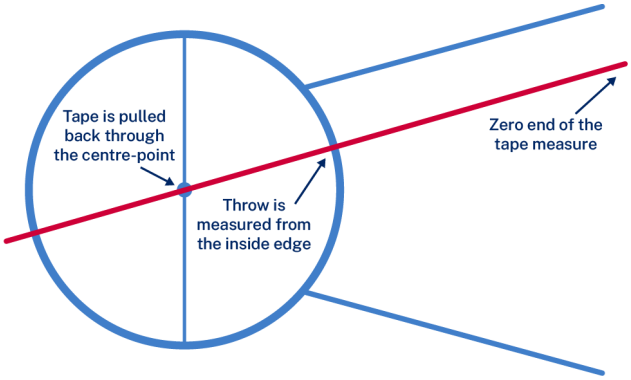
- The athlete must start the throw from a stationary position. The discus may be held in any manner and any throwing technique may be utilised.
- For a valid throw, the discus must land within the marked sector.

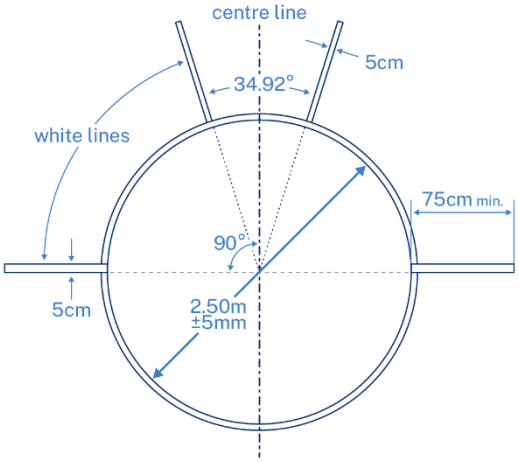
Foul throws

- After stepping into the circle ready to start, the athlete steps outside the circle (via the front half) or touches the top of the step board.
- After commencing the action of throwing, the thrower touches with any part of the body, either the top of the rim bounding the circle, or the ground beyond it. This rule remains in force while the discus is in flight.
- The discus lands on or outside of the sector line.
- The athlete leaves from the front half of the circle.

Measuring

- The zero of the tape is placed on the nearer edge of the mark made by the discus and the tape is taken through the centre of the throwing circle. The distance is read from the inside edge of the front of the circle. The distance is taken in metres and to the nearest centimetre equal to or less than the distance thrown. (Do not round up.)
- The longest throw of each athlete is used to work out their placing. In the event of a tie, the next best throw of the tied competitors will determine the placing.





Safety considerations

For discus activities the following safety strategies must be employed:

- Check discuses and withdraw from use those with cracked rims or loose centre screws.
- For group instruction in the standing throw ensure:
- Throwers are at least 5 metres apart.
- Left-handed throwers are placed on the left side of the group.
- For group instruction in the turning throw:
    - Ensure the turn is practised with modified equipment or without a discus.

- Where a discus is to be thrown using the turn, ensure that only one individual throws at a time.
- Where throwing takes place, ensure other students are behind protective cages or barriers and well clear of the protective wire.
- Where a protective cage or barrier is unavailable, ensure that other students are at least 20 metres behind and to the non-throwing side.
- Ensure discuses being returned to the throwing area are carried not rolled.

Protective cages or improvised barriers are recommended when using the turn (e.g., fence, hockey nets).

Suggestions for school carnivals

- Have students seated in throwing order, behind and to the side of the direction of the throw.
- If you have a recording table, ensure the seated students aren't blocking the line of sight of the recording official and the other officials.
- As a student is throwing, call the student who is up next and allow them an opportunity to do any additional warm-ups, stretches etc. in a safe allocated area. This ensures they are ready to go as soon as possible when it is their turn.
- Where possible, have one measuring official with the beginning (zero) of measuring tape and the measuring tape spike standing out in front and to the side of the thrower, 2-3 metres past the distance they expect the discus to land. Have the second measuring official, who will read the distance, standing to the side of the thrower.

Discuss recording sheet

Name	House	Trial 1	Trial 2	Trial 3	Current best throw	Current Ranking	Trial 4	Trial 5	Trial 6	Final best throw	Final Place
1											
2											
3											
4											
5											
6											
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11											
12											
13											
14											
15											

Valid trial = record distance - Foul attempt = mark trial with an ‘X

Javelin official

Javelin is a throwing event in which participants throw a spear-like object called a javelin as far as possible. The javelin is usually made of metal or fiberglass and has a pointed tip at one end and a grip towards the middle. Athletes hold the javelin by the grip and run within a designated area before releasing it. The throw is measured from the point where the javelin first touches the ground.

Main roles

- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for javelin.
- Organising students to ensure that the event is run fairly and within the designated time period.
- Ensuring that athletes use the correct weight for their age/gender, use correct technique and abide by the rules of the event.
- Accurately measure and record throws, as determined by the established guidelines.

Equipment

- Recording sheets, measuring tape, measuring tape spike, marking pins, javelins, red and white flag.

Rules and regulations

- Measure each valid trial (attempt), determine whether trials are deemed valid (white flag raised) or non-valid (red flag raised).

Equipment

- Recording sheets, measuring tape, measuring tape spike, marking pins, javelins, red and white flag.

Throwing weights

Secondary

Age	Weight for girls	Weight for boys
12 and 13 years	400gm (185-190cm)	600gm (220cm – 230cm)
14, 15, 16 and 17+ years	500gm (220-230cm)	700gm (230-240cm)

Number of trials

Each competitor typically receives 3 attempts.

An additional 3 attempts can be given to the top 8 performing competitors following the first round of throws if there are more than 8 competitors and time permits.

At least one warm-up throw is encouraged prior to the competition.

Calling the athlete

- When an athlete's name is called to perform a throw, they have one minute to perform the throw. ("Local rules" may factor in considerations of athletes competing at another event at the same time and then coming over to perform their throws).

Officiating the throw

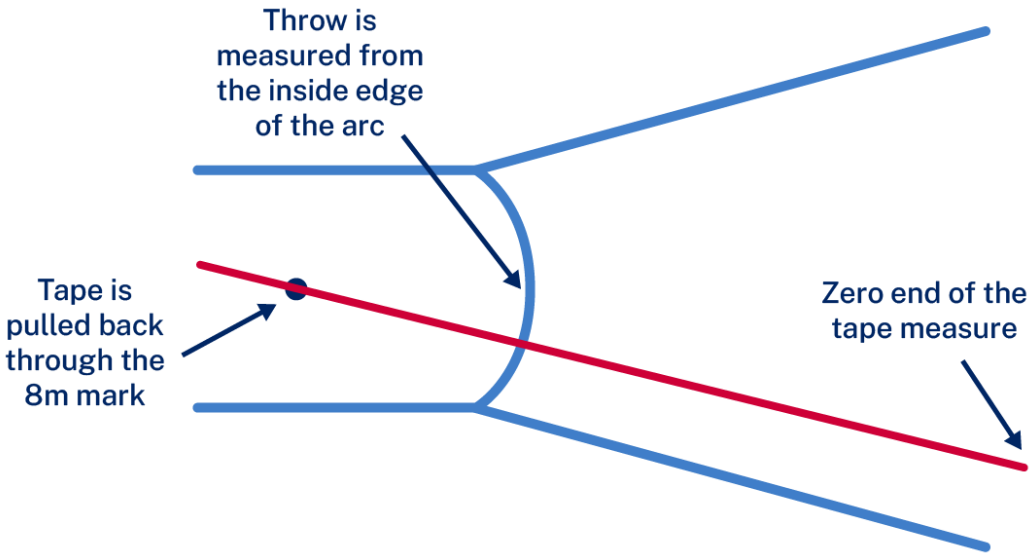
- The athlete must start the throw from a stationary position using the correct grip.
- For a valid throw, the javelin must land within the marked sector.

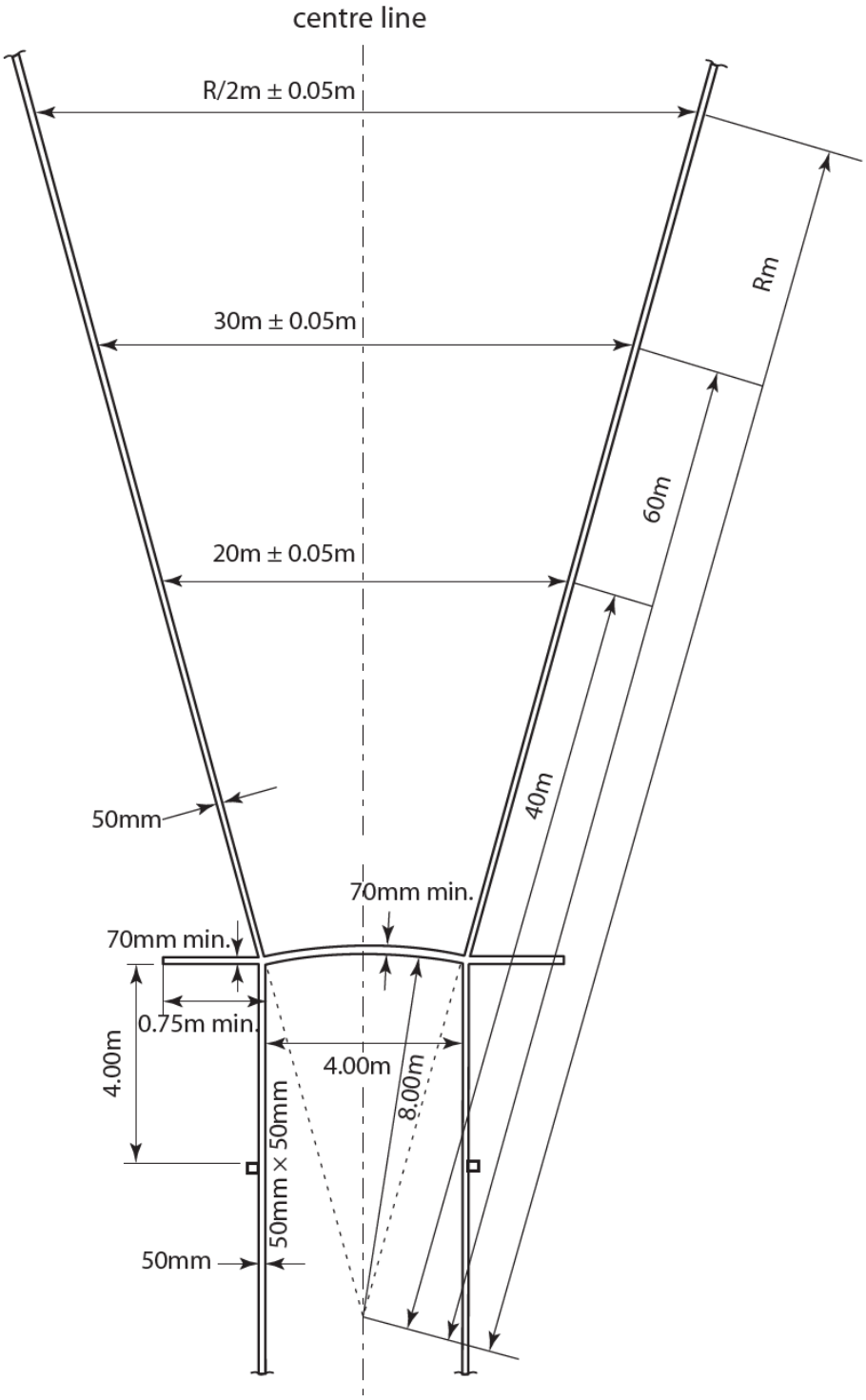
Foul throws

- The competitor doesn't use the grip of the javelin when throwing.
- The javelin is not thrown over the shoulder or upper part of the throwing arm.
- The javelin is slung or hurled.
- Any part of the javelin, except the metal head, strikes the ground first.
- The competitor leaves the runway before the javelin has landed.
- The head of the javelin touches or lands on, or outside the sector lines.
- Any part of the thrower's body touches the lines which mark the runway or the ground outside.

Measuring

- Place the zero end of the tape at the spike and pull the other end of the tape through to the 8m mark on the runway.
- Measure from the inside edge of the arc throw line.
- The distance is taken in metres and to the nearest centimetre below the distance thrown.





Javelin Throw runway and landing sector (not to scale).

Safety considerations

For javelin activities, the following safety strategies must be employed:

- Ensure javelins are carried by the grip and in a vertical position with the tail up, except when the thrower has entered the specific approach area and is preparing to throw.
- Forbid running with the javelin except when preparing to throw.
- Forbid running to retrieve a javelin to prevent running into the tail end of a javelin.
- Instruct students to place one hand over the tail end of the javelin before attempting to twist it from the ground.
- Instruct students to place one hand over the tip of the tail end when picking up a javelin lying flat on the ground. This hand should be kept in place until the tail end is raised above head height as the javelin is lifted into the vertical position.
- Ensure javelins being returned to the throwing area are carried.
- For group instruction:
    - Ensure all throwing is from one line only and within clearly marked side boundaries.
    - Students are to be appropriately spaced.
    - Assemble other students at least 10 metres behind and to one side of the marked approach and delivery area.
- Ensure javelins are not thrown under or near power lines.

Suggestions for school carnivals

- Have students seated in throwing order, behind and to the side of the direction of the throw.
- If you have a recording table, ensure the seated students aren't blocking the line of sight of the recording official and the other officials.
- As a student is throwing, call the student who is up next and allow them an opportunity to do any additional warm-ups, stretches etc. in a safe allocated area. This ensures they are ready to go as soon as possible when it is their turn.
- Where possible, have one measuring official* with the beginning (zero) of measuring tape and the measuring tape spike standing out in front and to the side of the thrower, 5-10 metres past the distance they expect the javelin to land. Have the second measuring official, who will read the distance, standing to the side of the thrower. *Note: this measuring official must be an adult who is experienced in javelin.

Javelin recording sheet

Name	House	Trial 1	Trial 2	Trial 3	Current best throw	Current Ranking	Trial 4	Trial 5	Trial 6	Final best throw	Final Place
1											
2											
3											
4											
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15											

Valid trial = record distance - Foul attempt = mark trial with an ‘X

High jump

High jump is a field event that involves athletes attempting to jump over a horizontal bar without knocking it down. Competitors approach the bar with a running start and use a variety of techniques to clear it. The most common technique is the Fosbury Flop, where the athlete arches their back and extends their body over the bar, landing on a cushioned mat on the other side. The height of the bar gradually increases throughout the competition, and the athlete who clears the greatest height is the winner.

Main roles

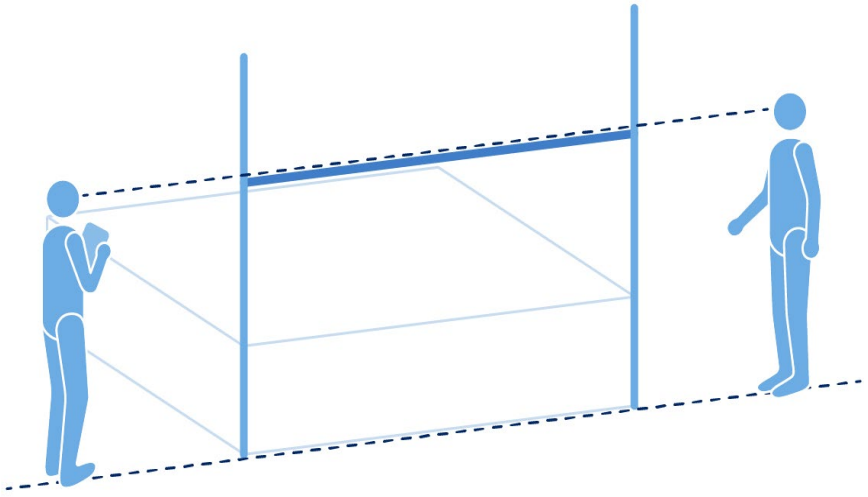
- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for high jump.
- Organising students to ensure that the event is run fairly and within the designated time.
- Ensuring the bar height increases and jumping protocols are adhered to.
- Accurately measuring and recording jumps, as determined by the established guidelines.

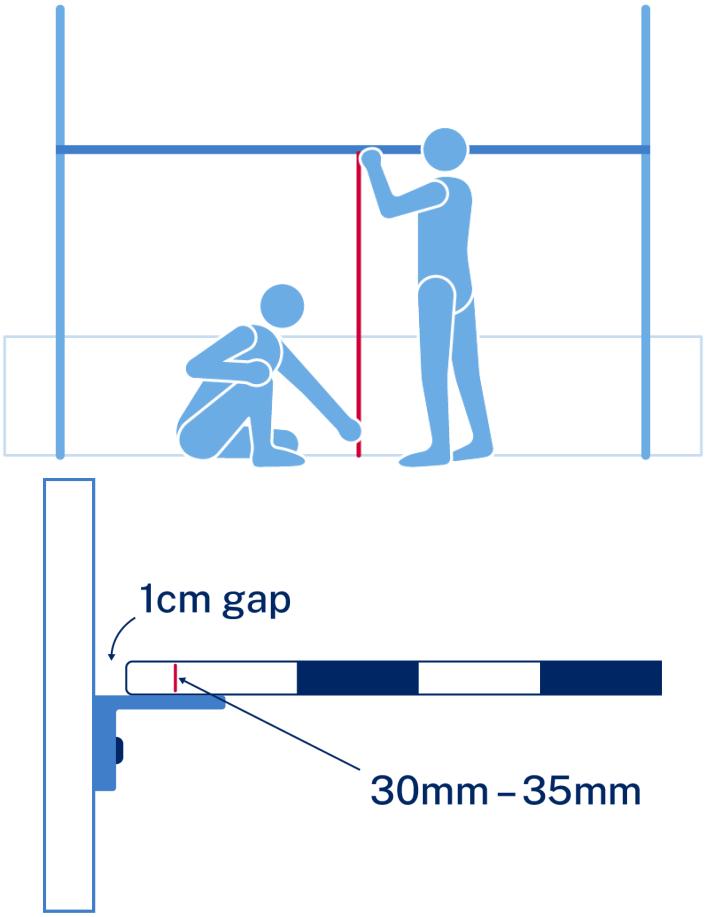
Equipment

- High jump landing mats (including straps/ties and one-piece overlay), gymnastic mats to be placed on the side and back of landing mats (when available).
- High jump bar, high jump uprights, recording sheets.

Setting the height

- The uprights are to be set up with the bar supports pointing inwards parallel to the landing mats.
- The bar must have the opportunity of falling off either towards or away from the landing area.
- Check distance between bar and uprights. Ensure 10mm gap is left between the bar and the uprights.
- Measure again the height every time the uprights are moved or if a substitute bar is used (replacing broken bar).
- All measurements shall be made in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.
- Ensure your own safety by standing far enough away from the uprights to be hit if they are knocked over.





Increasing the height of the bar

- The bar may be increased by 10 – 5 – 4 – 3 – 2 cm. Never less than 2 cm.
- Once you have reduced the increasing measure you are not allowed to use a higher one.

Correct: 190 – 200 – 210 – 215 – 220 – 223 – 226 – 228 – 230 – 232 cm

Incorrect: 190 – 200 – 210 – 215 – 220 – 223 – 226 – 228 – **231** – 233 cm

Calling the athlete

The official rule is:

- The maximum time for a trial depends on the number of athletes left in the competition. If there is more than 3 the limit is 1 minute, 2 the limit is 1.5 minutes and 1 the limit is 2 minutes.

At a school carnival, teachers should use their judgment and knowledge of the students to determine whether a maximum time is necessary.

Officiating the jumps

Fouls jumps

A foul jump is registered if a competitor:

- Dislodges the bar. (The competitor may hit the bar; however, it must stay lodged on the stands for a reasonable length of time). A foul may be recorded even if the competitor has landed and moved off the landing mat.

- Takes off from two feet.
- Touches the ground, including the landing area, beyond the plane of the upright, either between or outside the uprights, with any part of the body without clearing the bar; (may touch landing area with foot provided no advantage is gained).
- Unreasonably delays making a trial.
- 3 consecutive foul jumps at any height constitutes elimination from the competition except in the situation where there is a tie for first place.

Additional rules

- Competitors may commence jumping at any height above the minimum as previously announced by the chief judge and may pass at any height. A competitor having missed one or 2 attempts at a particular height may 'pass' and make the next attempt at a subsequent height.
- Competitors who leave the event to compete in track events must continue at the new height when they return. The bar must not be lowered.
- The event is continued until the final competitor (the winner) fails with 3 consecutive jumps.
- Unless only one competitor remains, the bar should never be raised by less than 2 cm. The increment in raising the bar should never increase. Once an athlete has won the competition the athlete can decide the height(s) to raise the bar in consultation with judge.

Suggestions for school carnivals

- Have students seated in jumping order, 3-5 metres back from and parallel to the run up and jumping area.
- If you have a recording table, ensure the seated students aren't blocking the line of sight of the recording official and the other officials.
- As a student is jumping, call the student who is up next and allow them an opportunity to do any additional warm-ups, stretches etc. in a safe allocated area. This ensures they are ready to go as soon as possible when it is their turn.
- Where possible, have one measuring official standing either side of the cross bar 1-2 metres back from it.

Safety considerations

The supervising teacher does not need high jump coaching accreditation to officiate at school or zone carnivals. Appropriate coaching accreditation or expertise is only required to teach or instruct the Fosbury Flop, not to officiate it. However, it's important to remind the supervising teacher that, like all school sport activities, they must use their judgment to ensure safety during the event. This includes monitoring for potential risks like hitting the bar, missing the mat, or landing on their head. If necessary, the teacher can remove the student or direct them to use the scissors technique.

For high jump activities the following safety strategies must be employed:

- Ensure that where the landing area consists of several mats, they are held firmly together with straps or ties and the whole area is covered with a one-piece overlay.
- Ensure mats are carried by handles at the side and not carried aloft on backs, shoulders or head.
- Ensure run-up and take-off areas are level, dry and free from slippery material.
- Specific take-off points should be identified and insisted upon to avoid landing off the mats.

- Triangular bars must not be used at all. Circular fibreglass bars are recommended for competition.
- To ensure high jump bars do not carry onto the landing mats, it is recommended that looped straps are used.
- The high jump bar must be removed from the competition area when not in actual use for supervised pre-competition warm-ups and actual competition.
- The high jump uprights must be sufficiently stable to avoid falling on to the mats during a jump.

High jump landing mats should:

- Cover an area of approximately 3600mm x 2400mm with height from floor of 600mm.
- Be linked together to avoid separation.
- Have linking tabs spaced at the distance of one every 900mm.
- Have a breathing fabric on the top (landing) surface which is spike resistant.
- Be filled with a foam rubber or synthetic foam block with a minimum density of 18 kg/m3.

Gymnastic mats are unsuitable for use as materials directly landed upon by the competitor, but may be used, at a depth of 15cm, around the end/back periphery of suitable high jump bags.

Recording for High Jump example

Name	House	1.30	1.33	1.36	1.38	1.40	1.42	Failure 1	Failure 2	Best jump	Place
Peter	BC	XO	XXX					2	1	1.30	9
Omar	W	XXX						O	O	NM	-
Kabir	BC	O	XO	O	XXX			1	1	1.36	=4
Tiago	BC	-	-	O	O	O	XXX	1	O	1.40	1
Rocky	MD	XO	XXO	XXX				3	3	1.33	8
Nicko	MJ	XX0	XO	O	XO	XXX		2	4	1.38	3
Jun	MJ	O	O	XO	XXX			2	1	1.36	6
Steve	W	O	XXO	XXX				3	2	1.33	7
Tony	MD	O	XO	O	XXX			1	1	1.36	=4
Roberto	MD	O	O	XXO	O	XXX		1	2	1.38	2

Failure 1: The attempt number at which the athlete successfully cleared the height for the final time.

Failure 2: The count of unsuccessful attempts preceding the athlete's last successful clearance.

Marking Code

O = successful jump

X = Failure

- = Pass (these don't have any bearing in a countback situation)

NM = No Measurement

High jump recording sheet

Name	House	Height	Height	Height	Height	Height	Height	Height	Height	Best jump	Final Place
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											

Valid trial = ‘O’ - Foul attempt = mark trial with an ‘X’ – Pass = ‘-‘

Long jump

Long jump is a field event where athletes attempt to cover the longest horizontal distance possible in a single leap. Athletes run along a track and then jump from a designated takeoff board. They extend their bodies forward in the air, using their speed and momentum to propel themselves as far as they can before landing in a sandpit. The jump is measured from the front of the takeoff board to the point where any part of the athlete's body touches the sand closest to the take-off board.

Main roles

- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for long jump.
- Organising students to ensure that the event is run fairly and within the designated time.
- Ensuring jumping protocols are adhered to.
- Accurately measuring and recording jumps, as determined by the established guidelines.

Equipment

- Recording sheets, measuring tape, measuring tape spike, red and white flag.

Number of trials

- Each athlete takes part in 3 jumps. If time permits, a second round of 3 jumps can be conducted. ("Local rules" may specify the number of jumps, for example, allowing only 3 jumps).
- At least one warm up jump is encouraged prior to the competition (more if time permits).

Calling the athlete

- When an athlete's name is called to perform a jump, they have one minute to complete their trial. ("Local rules" may factor in considerations of athletes competing at another event at the same time and then coming over to perform their jumps).

Officiating the jump

Foul jumps

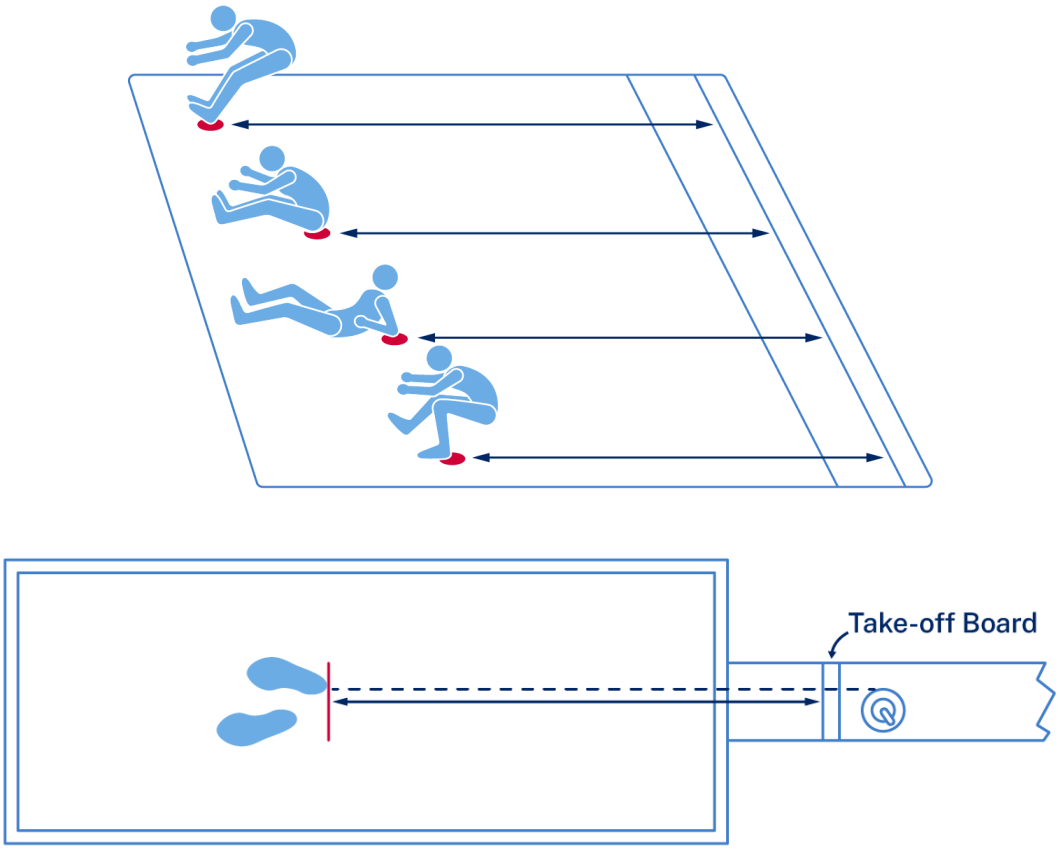
A foul jump is registered if a competitor:

- While taking off, the athlete touches the ground beyond the take-offline with any part of his body, whether running up without jumping or in the act of jumping.
- The competitor takes off from outside either end of the board, whether beyond or before the extension of the take-off line.
- The competitor employs any form of somersaulting whilst running up or in the act of jumping.
- After taking off, but before the first contact with the landing area, the competitor touches the runway or ground outside the runway or outside the landing area.
- While landing, the competitor touches the ground outside the landing area closer to the take-off line than the nearest break in the sand.
- When leaving the landing area, the competitors first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing that is completely inside the landing area but closer to the take-off line than the initial break made on landing.

Measuring

- The measurement of each jump shall be made immediately after a jump.

- All jumps shall be measured from the nearest break in the landing area made by any part of the body (or attached clothing) to the take-off line, or take-off line extended.
- The measurement shall be taken perpendicular to the take-off line or its extension.
- Distances shall be recorded to the nearest cm below the distance measured if the distance measured is not a whole centimetre.



Safety considerations

For long/triple jump activities the following safety strategies must be employed:

- Rake landing pits before any jumping takes place. Any solid or sharp objects must be removed.
- Ensure the take-off board is clearly visible (and preferably painted white), flat and level with the ground surface.
- Steel or wooden markers are not to be used to note distances either adjacent to or in the landing pit. Coloured strips of a flat flexible material are suggested to indicate distances achieved by participants.
- Ensure the approach area is clearly defined and kept free from any obstructions.
- Ensure jumping takes place from one direction only.
- Rake pit after each jump to ensure a level landing surface.
- Ensure rakes, forks and shovels are not left unattended in, or beside, the jumping area.
- Ensure the depth of sand is appropriate for competition in all age groups and that the depth of the sand is consistent in all areas of the pit.

- The triple jump is not recommended for students with a history of ankle or knee injuries.

Suggestions for school carnivals

- Have students seated in jumping order, 3-5 metres back from and parallel to the run up and jumping area.
- If you have a recording table, ensure the seated students aren't blocking the line of sight of the recording official and the other officials.
- As a student is jumping, call the student who is up next and allow them an opportunity to do any additional warm-ups, stretches etc. in a safe allocated area. This ensures they are ready to go as soon as possible when it is their turn.
- Where possible, have one measuring official with the beginning (0) of measuring tape standing in line with the board 1-2 metres back watching for fouls. Have the second measuring official, who will read the distance, standing to the side of the sand pit 1-2 metres in line with approximately wear they think the jumper will land. Both these measuring officials share the responsibility for raking the pit between jumps.

Long jump recording sheet

Name	House	Trial 1	Trial 2	Trial 3	Current best jump	Current Ranking	Trial 4	Trial 5	Trial 6	Final best jump	Final Place
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											

Valid trial = record distance - Foul attempt = mark trial with an ‘X’

Triple jump

Triple jump is a field event that consists of 3 distinct phases: the hop, the step, and the jump. Athletes sprint down a runway and perform a hop on one foot, followed by a step onto the other foot, and finally a powerful jump into a sandpit. The objective is to achieve maximum distance while maintaining proper technique throughout each phase of the jump.

Main roles

- Ensuring the safety of athletes, spectators and other officials during the event, by following the Sport Safety Guidelines for triple jump.
- Organising students to ensure that the event is run fairly and within the designated time.
- Ensuring that jumping protocols are adhered to.
- Accurately measuring and recording jumps, as determined by the established guidelines.

Equipment

- Recording sheets, measuring tape, measuring tape spike, red and white flag.

Number of trials

- Each athlete receives 3 jumps with the best valid performances allowed 3 additional jumps. (“Local rules” may designate the number of throws e.g., 3 jumps only).
- At least one warm up jump is encouraged prior to the competition (more if time permits)

Calling the athlete

- When an athlete's name is called to perform a jump, they have one minute to complete their trial. ("Local rules" may factor in considerations of athletes competing at another event at the same time and then coming over to perform their jumps).

Officiating the jump

The rules for the long jump apply to the triple jump with the following exceptions:

- The triple jump consists of a hop, step and a jump in that order.
- The hop shall be made so that a competitor lands first on the same foot that from which they have taken off.
- In the step they must land on the other foot, from which subsequently, the jump is performed.
- It is not a failure if the competitor, whilst jumping, touches the ground with the “sleeping leg”.
- Between the take-off board and the pit there shall be, for the step and jump phases, a take-off area with a minimum width of 1.22m providing firm and uniform footing.

Foul jumps

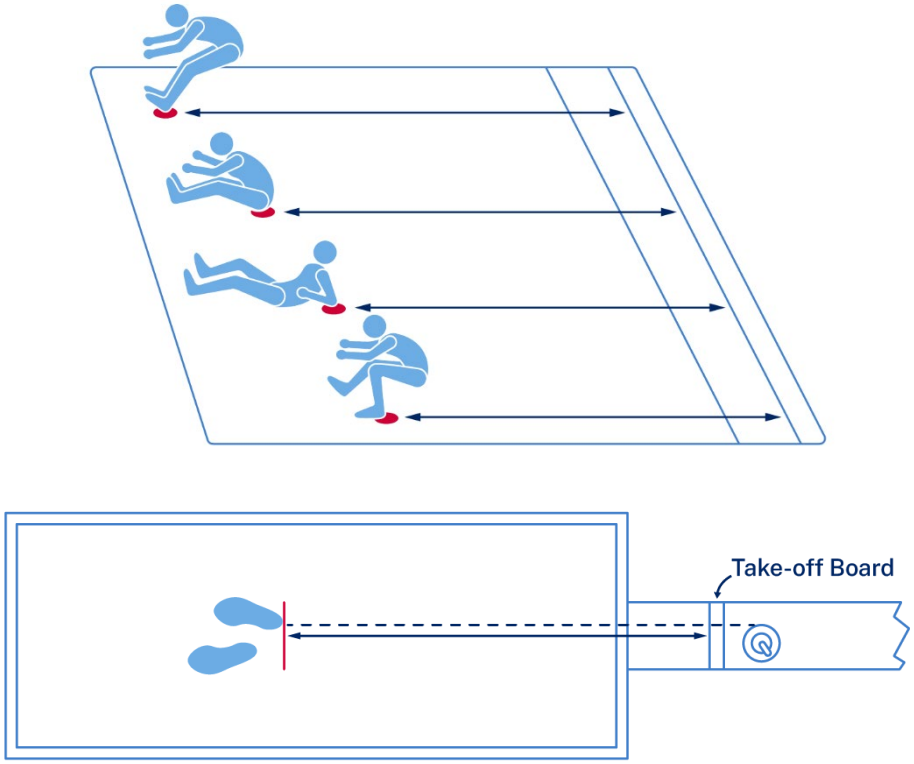
A foul jump is registered if a competitor:

- While taking off, the athlete touches the ground beyond the take-off line with any part of their body, whether running up without jumping or in the act of jumping.
- The competitor takes off from outside either end of the board, whether beyond or before the extension of the take-off line.
- The competitor employs any form of somersaulting whilst running up or in the act of jumping.
- After taking off, but before the first contact with the landing area, the competitor touches the runway or ground outside the runway or outside the landing area.

- While landing, the competitor touches the ground outside the landing area closer to the take-off line than the nearest break in the sand.
- When leaving the landing area, the competitors first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing that is completely inside the landing area but closer to the take-off line than the initial break made on landing.

Measuring

- The measurement of each jump shall be made immediately after a jump.
- All jumps shall be measured from the nearest break in the landing area made by any part of the body (or attached clothing) to the take-off line, or take-off line extended.
- The measurement shall be taken perpendicular to the take-off line or its extension.
- Distances shall be recorded to the nearest cm below the distance measured if the distance measured is not a whole centimetre.



Safety considerations

For long/triple jump activities the following safety strategies must be employed:

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- Ensure the approach area is clearly defined and kept free from any obstructions.

- Ensure jumping takes place from one direction only.
- Rake pit after each jump to ensure a level landing surface.
- Ensure rakes, forks and shovels are not left unattended in, or beside, the jumping area.
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Suggestions for school carnivals

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Triple jump recording sheet

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