

JAVELIN OFFICIATING

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. **FOCUS ON SAFETY!** One person should throw and then run out to retrieve. Tell them to keep their eyes on the throwing scratch line when they run out to retrieve. Javelin is thrown in very few U.S. states because of serious accidents/deaths that have occurred. Before the athletes warm up, have them "CHECK IN" so you know who is missing.
2. Call out to the athletes that the warm up throws will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the circle and go over some of the rules of the competition:
 - a) all javelins that are to be entered must be marked with a certain paint colour
 - b) all javelins that are entered in the competition must stay until the event is over
 - c) all athletes must have a school track singlet on, or a plain white t-shirt and must have a number
 - d) explain that you will be calling out 3 names
 - 1) the person throwing
 - 2) the person on deck
 - 3) the person retrieving
 - e) once called the competitor must throw and must release the javelin before the "SCRATCH LINE". If any part of their body, or equipment (ie. hat) touches the line or goes over the line it is a fault.
 - f) the javelin must land tip first. This does NOT mean that it must stick in the ground. If a javelin lands flat, a call of "FLAT" is made and a fault is recorded.
 - g) after a throw is made, the competitor must show control and walk backwards before exiting the throwing runway.
 - h) a javelin landing on or outside the sector line is a fault.
 - i) once a legal throw has been made, this officials measure the throw. One official pulls the tape through the center of a point located 8 meters behind the scratch line.
 - j) at the end of 3 rounds, the top 8 throwers will received an additional 3 throws. The furthest of any of the 6 throws will be determine the rankings.
 - k) the meet record in this event is ____m by _____ from _____H.S.
Look on the top of the entries page for this information

At the conclusion of the competition, rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a best throw of ____m, _____ from _____ high school" etc.

DISCUS OFFICIATING

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. **FOCUS ON SAFETY!** One person should throw and then run out to retrieve. Tell them to keep their eyes on the throwing circle. We do not want anyone hurt. Before the athletes leave to warm up, have them "CHECK IN" so you know who is present/absent.
2. Call out to the athletes that the warm up throws will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the circle and go over some of the rules of the competition:
 - a) all 'discus' that are to be entered must be marked with a certain paint colour
 - b) all 'discus' that are entered in the competition must stay until the event is over
 - c) all athletes must have a school track singlet on, or a plain white t-shirt and *must have a number*
 - d) explain that you will be calling out 3 names
 - 1) the person throwing
 - 2) the person on deck
 - 3) the person retrieving
 - e) once called the competitor can enter through either the front or the back of the circle. They must commence the throw from a stationary position.
 - f) An athlete may clean the discus circle with a rag and then throw it out of the circle. An athlete may enter, exit, and re-enter the circle. The point is, the athlete must commence their discus throw from a stationary position. If at any time any part of their body or clothing contacts a point outside the circle or the top rim of the circle while throwing, the throw is ruled a fault.
 - g) the athlete can not leave the circle until the discus has landed. At this time the athlete must exit from the back half of the circle under control.
 - h) the discus must land within the section lines. A discus landing on the line is a fault.
 - i) the measurement of each throw shall be made from the nearest mark made by the discus to the inside circumference of the discus rim.
 - j) at the end of 3 rounds, the top 8 throwers will receive a additional 3 throws. The furthest of any of the 6 throws will determine the rankings.
 - k) the meet record in this event is ___m by _____ from _____ H.S. Look on the top of the entries page for this information.

At the conclusion of the competition rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a best throw of ___m, _____ from _____ high school" etc.

SHOT PUT OFFICIATING

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. **FOCUS ON SAFETY!** One person should throw and then run out to retrieve. Tell them to keep their eyes on the throwing circle. Before the athletes leave to warm up, have them "CHECK IN" so you know who is present/absent.
2. Call out to the athletes that the warm up throws will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the circle and go over some of the rules of the competition:
 - a) all shot puts that are to be entered must be marked with a certain paint colour
 - b) all shot puts that are entered in the competition must stay until the event is over
 - c) all athletes must have a school track singlet on, or a plain white t-shirt and *must have a number*
 - d) explain that you will be calling out 3 names
 - 1) the person throwing
 - 2) the person on deck
 - 3) the person retrieving
 - e) once called the competitor can enter through either the front or the back of the circle. The athlete may enter, exit, and re-enter the circle. Once the athlete decides to throw, they must commence the put from a stationary position. The shot shall touch or be in close proximity to the chin and the hand must not be dropped below this position during the putting motion. The shot must **not be taken behind the line of shoulders**. To show control, the athlete must walk out the back half of the circle after the completion of the throw.
 - f) it is permissible to touch the inside of the iron band or the toe board but touching the top of these two will be judged as a foul.
 - g) the competitor must not leave the circle until the shot has touched the ground
 - h) the shot must fall within the sector lines. A shot landing on the line is a fault
 - i) the measurement of each put shall be made from the nearest mark made by the shot to the inside circumference to the toe board.
 - j) at the end of 3 rounds, the top 8 throwers will receive an additional 3 throws. The furthest of any of the 6 throws will determine the rankings.
 - k) the meet record in this event is ____m by _____ from _____H.S.

At the conclusion of the competition rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a best throw of ____m, _____ from _____ high school" etc.

HIGH JUMP OFFICIATING

Starting heights: All girls 1.2m

MB 1.47m

JB 1.47m

SB 1.57m

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. Ensure that any tape or other marking from previous competitions have been removed and that the jumping area is dry and safe. **FOCUS ON SAFETY!** One person should jump or mark off starting point at any given time. Ensure that all athletes have checked in. No bar is required for this preliminary practice as most competitors are working on finding their mark. Ensure that the equipment is properly in place and that the high jump standard is in good working order. When marking heights, ensure that measurement is accurate (ensure that a minimal curve exists). Before the athletes have to warm up, have them "CHECK IN" so you know who is missing. With 10 minutes left before the start of the competition, a bar may be placed for practice purposes. Ensure that no spectators or coaches stand/sit behind the pit area or in a position to distract the competitors. Try to ensure that the area is clear so that no spectator impedes or walks in front of an athlete during practice and competition. The bar is set at the minimum height for the particular event that is to be officiated.
2. Call out to the athletes that the warm up jumps will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the high jump pit and go over some of the rules of the competition:
 - a) All athletes must be wearing a school track singlet, or a plain white t-shirt and must have a number. The number should be worn on the front.
 - b) Explain that you will be calling out 3 names
 - 1) the person jumping
 - 2) the person on deck
 - 3) the person "in the hole"
 - c) Once called, the competitor must jump within a 2 minute time period or declare that they will pass. Remember to tell them that the competitor must take-off from one foot. He/she may start jumping at any height and may jump at his/her own discretion at any subsequent height.
 - d) Three consecutive failures, regardless of the height at which the failures occur, shall disqualify the competitor for further jumping, except in the case of a tie for first place. Remember to tell them that **the bar shall be raised in accordance with ROPSSAA guidelines.**
 - e) Remember to tell them that a competitor fails if he/she:
 - A) Knocks the bar off the standards while in the act of jumping or while approaching the pit.
 - B) Touches the ground or the pit beyond the plane on the nearer edge of the uprights with any part of his/her body before first clearing the bar.

- f) In the case of a tie:
- 1) The competitor with the lowest number of jumps at the heights at which the tie occurs shall be awarded the higher place
 - 2) If still tied, the competitor with the lowest total number of failures up to and including the heights last cleared shall be awarded the higher place. If still tied, the competitor with the fewer total attempts shall be awarded the higher place.
 - 3) If still tied, there will be a jump off only if for first place (one jump each starting at the height where the competitors failed). A tie for a position other than first will stay a tie.
- g) If a competitor is involved in another event, he/she will continue jumping at the present, existing height. If a competitor has missed their turn, it will be considered a pass.
- h) Let them know that the meet record in this event is ____ m by _____ from _____ H.S.
Look on the top of the entries page for this information

At the conclusion of the competition, rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a jump of ____ m, _____ from _____ high school" etc.

LONG JUMP

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. **FOCUS ON SAFETY!** One person should be on the runway at one time and they should be in line to quickly find their mark on the board. Before the athletes leave to warm up and find their mark, have them "CHECK IN" so you know who is present/absent.
2. Call out to the athletes that the practice jumps through the pit will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the long jump board and go over the rules of the competition:
 - a) All competitors must be behind a marker which will be 25 metres away from the take off board. **Do not allow competitors to stand around the pit, near the board or stand close to the runway near most of the takeoff points. The pit, board and runway should be clear of competitors who are awaiting their turn to jump. Keep them to one side.**
 - b) Explain that they can land on the white part of the board (20 cm long) but will fault a jump if any part of their foot touches the black part of the board
 - c) all athletes must have a school track singlet on, or a plain white t-shirt and *must have a number*
 - d) explain that you will be calling out 3 names
 - 1) the person jumping
 - 2) the person on deck
 - 3) the person in the hole
 - e) Once called the competitor can step onto the runway and begin their jump. They have approx 1 minute from when they are called to make a jump. If they take longer, the jump will be declared a fault. While running towards the board, if a competitor wishes to stop, they must do so prior to the board. If they break the plane of the board by running off the runway, the jump will be declared a fault.
 - f) It is permissible to touch the white part of the board (20 cm long) but will fault a jump if any part of their foot touches the black part of the board.
 - g) All jumps shall be measured from the nearest break in the landing area to the take-off board or the take off board extended whichever is the shortest distance.
 - h) **A competitor fails if he/she does any of the following below:**
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
 - i) Takes off from outside either end of the board.
 - j) In the course of landing, the competitor touches the ground outside the landing area closer to the take-off board than the nearest mark in the pit made by the jump.
 - k) After a completed jump the competitor walks back through the pit.
 - l) Employs any sort of somersaulting during the run up or in the act of jumping.

Where there are more than 8 competitors, each competitor shall be allowed 3 jumps. The 8 competitors with the best valid jumps shall be allowed an additional 3 jumps. Where there is a tie for eighth place any competitor so tying shall be allowed 3 more jumps. Where there are 8 or fewer competitors, all competitors shall be allowed 6 jumps.

In the case of a tie. the second best performance of the tied competitors shall resolve the tie. Then, if necessary, the third best and so on.

At the conclusion of the competition rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a best throw of _____m, _____ from _____ high school" etc.

TRIPLE JUMP

1. Twenty minutes prior to the start of the competition, call all the athletes in and comment that the event will begin in 20 minutes. **FOCUS ON SAFETY!** One person should be on the runway at one time and they should be in line to quickly find their mark on the boards. Before the athletes leave to warm up and find their mark, have them "CHECK IN" so you know who is present/absent. When they check in, be sure to ask which take-off board they wish to use. There should be boards ranging from 6 m to 11 m.
2. Call out to the athletes that the practice jumps through the pit will end 5 minutes prior to the start of the competition. Keep calling for athletes to check in.
3. Call the athletes together around the triple jump boards and go over the rules of the competition:
 - a) All competitors must be behind a marker which will be 25 metres away from the take off board. **Do not allow competitors to stand around the pit, near the board or stand close to the runway near most of the takeoff points. The pit, board and runway should be clear of competitors who are awaiting their turn to jump. Keep them to one side.**
 - b) Explain that they can land on the white part of the board (20 cm long) but will fault a jump if any part of their foot touches beyond the white board. **Note: Competitors can change their takeoff board prior to each jump, but must indicate the change prior to the jump.**
 - c) all athletes must have a school track singlet on, or a plain white t-shirt and *must have a number*
 - d) explain that you will be calling out 3 names
 - 1) the person jumping
 - 2) the person on deck
 - 3) the person in the hole
 - e) The competitor must perform a hop, step and then a jump in that order. The hop shall be made so that the competitor lands first on the same foot as that from which he/she has taken off; in the step he/she shall land on the other foot from which, subsequently, the jump is performed.

Once called the competitor can step onto the runway and begin their jump. **Use a large orange pylon to indicate the competitor's selected board.** They have approx 1 minute from when they are called to make a jump. If they take longer, the jump will be declared a fault. While running towards their selected board, if a competitor wishes to stop, they must do so prior to the board. If they break the plane of the selected board by running off the runway, the jump will be declared a fault.
 - f) It is permissible to touch the white part of the board (20 cm long) but will fault a jump if any part of their foot touches beyond the white part of the board.

- g) All jumps shall be measured from the nearest break in the landing area to the take-off board or the take off board extended whichever is the shortest distance.
- h) **A competitor fails if he/she does any of the following below:**
 - 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
- i) Takes off from outside either end of the board.
- j) In the course of landing, the competitor touches the ground outside the landing area closer to the take-off board than the nearest mark in the pit made by the jump. **Note it is not a failure if the competitor touches the ground with his/her "sleeping leg".**
- k) After a completed jump the competitor walks back through the pit.
- l) Employs any sort of somersaulting during the run up or in the act of jumping. Where there are more than 8 competitors, each competitor shall be allowed 3 jumps. The 8 competitors with the best valid jumps shall be allowed an additional 3 jumps. Where there is a tie for eighth place any competitor so tying shall be allowed 3 more jumps. Where there are 8 or fewer competitors, all competitors shall be allowed 6 jumps.

In the case of a tie. the second best performance of the tied competitors shall resolve the tie. Then, if necessary, the third best and so on.

At the conclusion of the competition rank the top six athletes. Call everyone together and announce the placing from 6th or 1st. Call out, "In 6th place with a best throw of _____ m, _____ from _____ high school" etc.