



# Guidelines for Officials

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**Appendix A**  
of the Tasmanian Little Athletics Association Constitution

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**Foundation for all sports**

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## 1. SAFETY/GENERAL

- In the wrong hands or under the wrong conditions, all events can be dangerous.
- All events shall be allowed only under supervision and everyone should be told the safety rules.
- At the completion of a site safety and equipment check, the Arena Manager and/or Field Referees are responsible for providing the all clear for each meet to commence.
- Once a Field event is called, the Chief Official of that event collects the event sheets and equipment, and then meets the competitors and site officials at the marshalling area.
- The site officials should meet the competitors at the marshalling area and take the competitors via a designated safe route to the site.
- All officials have a responsibility to ensure that the site is safe (i.e. not slippery, no broken glass, no needles, sharp objects, sand on runway, and tracks etc.) before commencing the event.
- Throwing areas should be marked clearly with appropriate signage and throwing should only be allowed in designated throwing areas.
- Everyone should stand clear of all competition areas and only designated officials shall be allowed in these areas, and both athletes and officials should make sure the competition areas are kept clear.
- All Officials must at all times keep their eyes on the throwing implements during competition.
- All implements should be carried back never thrown or rolled back, and placed on the ground for the athlete's to pick up.
- Unless approved by a Referee and/or Arena Manager, Spikers, Sector Judges and Retrievers for all throwing events must wear enclosed shoes. All other officials must wear appropriate footwear.
- Starting caps should not be held in hand or pockets when not loaded in the gun. They should be stored in the box.
- Ensure the track is safe for competition to proceed. All equipment is available to conduct the event. In preparation for assisting with duties officials should be wearing appropriate clothing to protect from weather extremes.

## 2. FIRST AID

- The responsibilities of an Official at any site should an athlete be injured are to ensure the wellbeing of the athlete is catered for, contact the Announcer and request an announcement for First Aid to report to the site.

## 3. SPECTATORS

- Spectators are not permitted on the competition arena, only athletes and officials whilst events are in progress.
- Spectators are expected to abide by the 'Code of Behaviour'.
- Spectator actions that can render a competitor liable to disqualification are:
  - Offering advice from within the arena.
  - Shouting instructions.

## 4. COACHING

### 4.1 Who can Coach?

All coaches must have a current Working with Children card and number, and must produce it for inspection if requested.

LAT will provide accreditation to the following Coaches

- Centres with less than 150 members – 2 Centre Coaches who have completed an ITC course, or Athletics Australia Level 1 or any higher level.
- Centres with 150 - 250 members – 3 Centre Coaches who have completed an ITC course, or Athletics Australia Level 1 or any higher level.

- Centres with more than 250 members – 4 Centre who have completed an ITC course, or Athletics Australia Level 1 or any higher level.
- Centres with clubs may choose to provide 1 coach per club, provided that all clubs from the Centre are represented by a coach. Otherwise, above standards apply
- Personal coaches with at least Athletics Australia L2 coaching qualification

At State or Regional meetings, Centre Coaches will be granted accreditation prior to the event. Personal coaches may apply on the day of competition.

## 4.2 Where can you Coach?

The arena will have areas marked by cones or similar, next to or adjacent to spectator areas, close to the event site. Communication can only be made between coach or athlete from that area in a quiet and discreet fashion.

Instructions (other than to attract the attention of the athlete) are not to be yelled out across the arena. Even then, hand signals are preferred. If any person other than the coach has information for the athlete, such information can only be relayed by the appropriate Club, Centre or personal coach.

During track events, it is preferred that coaches refrain from yelling instructions from spectator areas. Athletes can rarely hear, let alone process such information during a sprint event. For calling of split times or similar, we would recommend coaches base themselves on the back straight.

### Remedy for Breaching

Coaching provided outside the above Guidelines can render an athlete liable to disqualification under the Rules for Competition. The TLAA Code of Conduct will be vigorously applied in respect of Coaching and behavior of Coaches. Overtly derogatory comments, belittling or abuse of athletes will not be tolerated.

## 5. FIELD EVENTS - GENERAL

- Make sure the proper equipment (Pits), proper sized implements (Throws) are being used, and the correct starting heights in High Jump have been checked.
- Make sure the athletes names are checked off, and put into their trial order, and mat order (triple jump).
- Make sure the athletes (and officials) know the existing event record.
- The caller generally the recorder calls the first two names, 'Smith, followed by Jones'. After the first competitor has completed their event the Caller then calls the next names 'Jones, followed by Black' and continue through 3 rounds of that event.
- Judge the event in a fair and unbiased manner for all athletes. If there are any discrepancies in the landing point of an implement allow the athlete to have another trial.
- Flags are to be used by chief judge and sector judges in all events, state and centre.
- A trial is not complete until the competitor leaves the sand pit, throwing circle or javelin runway and the chief judge indicates a fair trial by raising a white flag, or foul trial by raising the red flag.
- The competitor's (1) minute time allowance does not commence until the chief official has given the competitor the all clear to commence their trial.
- A missed trial or breaking of the rules of competition shall be recorded on the recording sheet with an 'F' except in High Jump.
- If the athlete wears their hat onto the runway or into the throwing circle this is not a foul.
- If an athlete wears their hat onto the runway or into the throwing circle and during the course of their trial the hat falls off and lands on the runway, in the sector or throwing circle the Chief Official shall only declare a foul only if the athlete in the process of retrieving their hat infringes on the rules of competition for that event.
- In the event of a record at the pit Jumps or Throws, the Chief Official makes sure the spiker does not remove the spike from the record mark, then he/she sends for a Field Referee, to check the measurement and ascertain whether a new record has been established and to sign field sheet if there is a new record.

- The competitor will be allowed to leave the field event when called to a track event. If a competitor is required to leave for another event after the commencement of competition, on return he or she must resume at the stage that the event has reached in their absence. The athlete will be slotted back into the event in the current round even if out of turn
- If the competitor has missed one or more completed rounds, the competitor cannot make up those trials, but will be slotted back into the event in the current round, even if out of turn.
- When the competitor returns to the field event and the event is completed, the competitor has no further part in the event.
- Any recorded trial prior to leaving is judged in the event.
- At the end of competition the Chief Official will have all assisting officials names noted on the Field Sheet, ensure throwing equipment is returned to the designated area, and return the officials vest and event folder to the Administration Office.
- At TLAA state meetings either the recorder or the Chief Official must extend the best performance column on the field sheet. Two people checking accuracy is good practice. The Chief Official has ultimate responsibility to ensure this is done correctly.
- Determination of placings in State Events is completed by Administration.

## 6. THROWS

### 6.1 General

The TLAA will provide certified throwing equipment to be used at all TLAA conducted Meetings.

Signs should be set up to warn of throwing events in progress.

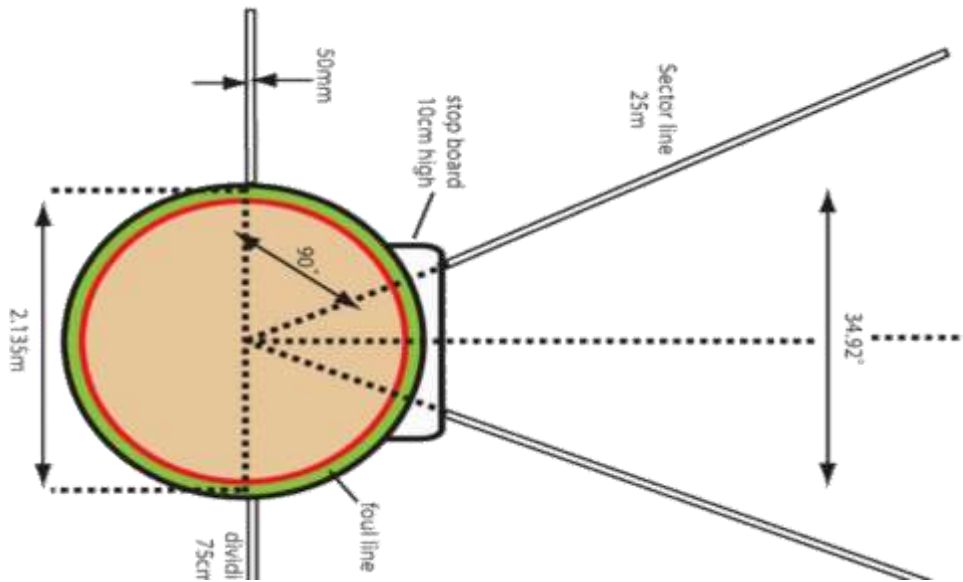
At State Championships and 'All State' Meets, one practice throw is permitted.

### 6.2 Officials Required

- Five officials (includes Chief Official) are recommended to enable a site to run safely and efficiently.
- The Chief Official is needed where the athlete releases the implement. Their tasks include watching for technique fouls (not landing issues) and to oversee the recording of the measurements.
- One person is required to pull the tape back to the centre of the circle or arc.
- Two officials are required out in the sector and their tasks include assisting each other in finding and marking the point of impact of the implement and returning the implement safely. The implement is to be carried back and placed on the ground for the athlete to pick up.
- The sector judge shall indicate to the Chief Official if the implement has landed correctly by raising the red or white flag.
- The sector judge, not the Chief Official, has the final say in determining if the implement landed correctly.
  - If the sector judge is unsure whether the implement landed legally the Chief Official may order a re-trial.
- It is good practice for the Chief Official to wait for the Sector Judge's flag before raising the 'white flag' him/herself. This removes any possibility of a Chief Official needing to reverse his/her decision.
- One official is required to record the measurement.
- At the throw sites, it is advisable for the chief judge to ask the recorder to check for foot fouls while he/she concentrates on the arm action for Shot Put and Javelin events.

### 6.3. Shot Put

### 6.3.1. Site Dimensions



- The shot is thrown from a circle into a sector of 35 degrees.
- The inside diameter of the circle is 2.135 metres.
- The circle is divided in halves, as shown in the diagram.
- A stop board 1.22 metres long, 100mm high and 113mm wide is used. It is made from wood or suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It must be firmly fixed to the ground.

### 6.3.2 Equipment

- 1 X Tape - 30 metre
- 1 X Ground Spike
- 2 X Red flags
- 2 X White Flags
- 1 X Small towel or rag (to clean shot puts)
- 1 X Broom (to clean throwing circle)
- 1 X Rake (if pit is gravel)
- 2 X Cones or flags (for record and qualifying markers)

### 6.3.3 Implement Weights

The age groups using different implements are:

SHOT PUT	Weight	Colour	
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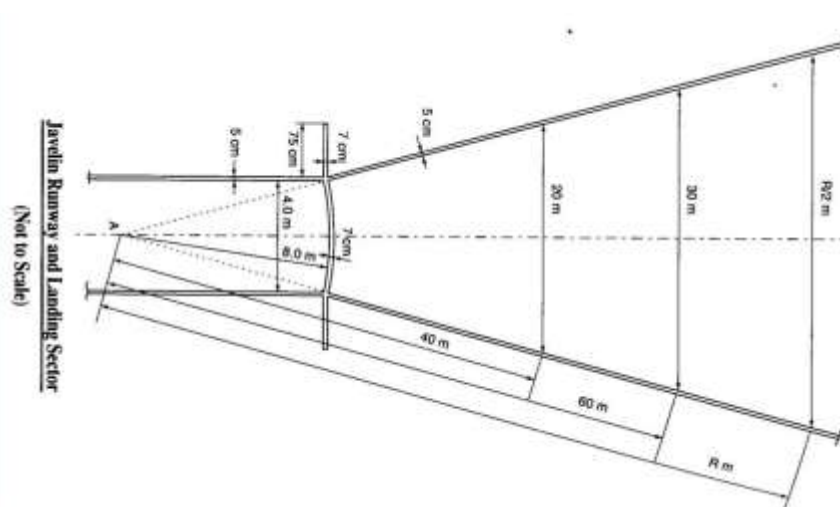
Under 6, 7	1.0 kg.	Blue	The shot shall be made from solid metal and conform with these specifications:  Diameter Tolerance – 60 to 85mm Diameter Tolerance – 70 to 90mm Diameter Tolerance – 76 to 90mm Diameter Tolerance – 85 to 110mm Diameter Tolerance – 95 to 110mm  Diameter of Circle – 2.135m Angle of Sector - 35°
Under 8	1.5 kg.	Yellow	
Under 9, 10, 11, 12	2.0 kg.	Orange	
Under 13, 14, 15G	3.0 kg.	White	
Under 15B	4.0 kg	Red	

### 6.3.4 Conducting the Event

- The chief judge stands on the left hand side for a left-handed thrower, and the right hand side for a right-handed thrower.
- For rules refer to “Rules for Competition”.

## 6.4 JAVELIN

### 6.4.1 Site Diagram



### 6.4.2. Equipment

- Tape - 100 metre
- Ground Spike
- 2 X Red flags
- 2 X White Flags
- 2 X flags or cones (for record and qualifying markers) ▪ 1 X 30 metre tape ( lay alongside the runway)

### 6.4.3 Implements / Weights

JAVELIN		
Under 6, 7	Vortex	Angle of Sector - 29°
Under 8, 9, 10	Turbo Jav	
Under 11, 12, 13, 14G	400 grams	
Under U15G	500 grams	
Under 13B, U14B	600 grams	
Under 15B	700 grams	

#### 6.4.4 Javelin Safety

- Particular attention shall be taken when carrying javelins from storage facilities to site location. These must be carried by a responsible adult and should be returned after each event.
- Warm up drills (stabbing) and stretches shall not be conducted using javelins in areas where competitors are assembled or seated for competitions.
- Javelins shall be carried in a vertical position by athletes until they have commenced their throwing stance.
- Officials shall carry javelins in a vertical position at all times.

#### 6.4.5 Conducting the Event

- The chief official shall stand on the right hand side of a right handed athlete and vice versa for left handed athlete, facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
- The sector judge with the assistance of the retriever select the point in the sector where the tip of the metal head of the javelin first touched the ground. Selected point is marked by spike and the zero end of the tape is held by the spike.
- The recorder should assist in judging for foot fouls.
- For rules refer to “Rules for Competition”.

### 6.5 VORTEX

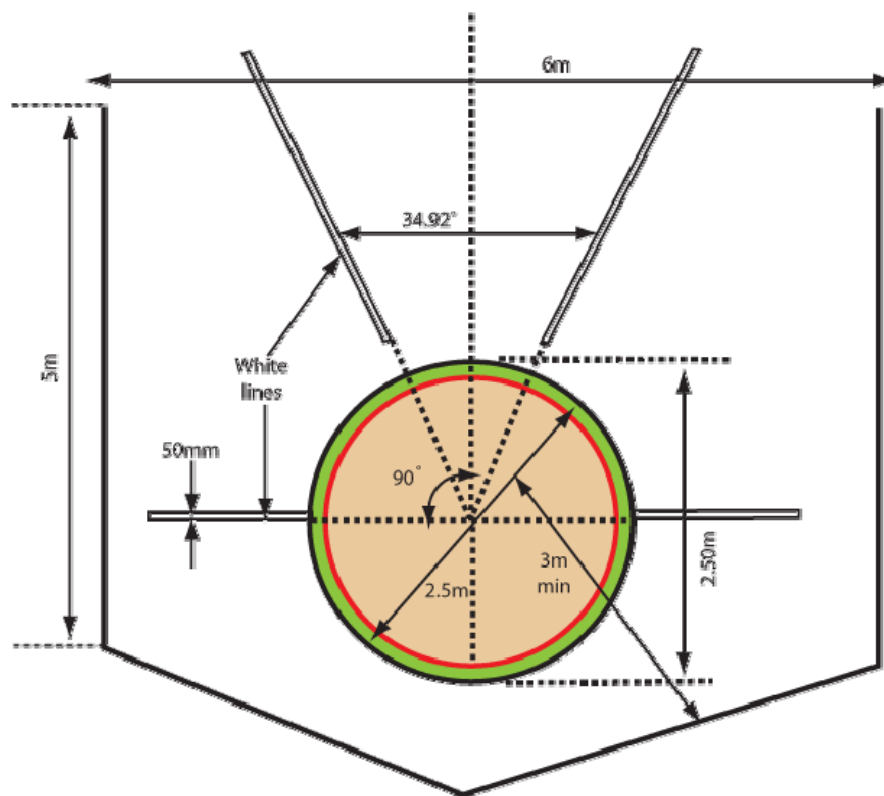
- The rules for Vortex are the same as for Javelin
- To be a valid throw and measured the vortex must be thrown by the shaft and must land tip first.
- This event is for the Under 6 & 7 age group only.

### 6.6. TURBO JAV

- As for Vortex, the rules for Turbo javelin are the same as for Javelin.
- To be a valid throw and measured the turbo javelin must be thrown by the shaft and must land tip first.
- This event is for the Under 8, 9 & 10 age groups only.

## 6.7 DISCUS

### 6.7.1 Site Diagram



### 6.7.2 Equipment

- Tape - 50 metre
- Ground Spike
- 2 X Red flags
- 2 X White Flags
- 2 X Record markers
- 1 X Broom to sweep circle
- 1 X Towel or rag (to clean Discus)

### 6.7.3 Implement Weights

Weight	Age Group
330-350 grams	U6 & U7 Boys & Girls
500 grams	U8, U9, U10, 11 Boys & Girls
750 grams	U12 Boys & Girls
1.0 kg	U14, U15 Boys & Girls

### 6.7.4 Safety Procedures

- Extra precautions are needed for the discus thrower especially those trying turns. Ideally, athletes undertaking spins should operate within a net or cage with all other athletes and officials clear of the throwing area. In instances where a cage/net is not available, all athletes and officials should be behind the throwing circle (except for the official judging the foot foul). This does not apply to the sector judge and retriever.

- At the Discus site the Chief Official stands on the left hand side for a right-handed thrower, and the right hand side for a left-handed thrower
- When a cage is being used no one except the competitor is permitted inside the cage during the throw.

### **6.7.5 Conducting the Event**

- There are no rules governing how the discus may be released.
- It will not be considered a failure if the discus strikes the cage after release provided that no other rule is infringed.
- For rules refer to “Rules for Competition”.

## **7. JUMPS**

### **7.1 JUMP PITS**

#### **7.1.1 Officials Required**

- Five officials (includes Chief Official) are recommended to enable a site to run safely and efficiently.
- 1 X Raker
- 1 X Spiker
- 1 X to pull the tape through (and trowel for U6-10 events)
- 1 X Recorder
- 1 X Chief Judge

#### **7.1.2 Equipment**

- 1 X Watering can
- 2 X Cones for marking record and qualifying standard
- 2 X Cones for triple jump mat/line
- 1 X Rake
- 1 X Spade / Shovel
- 1 X 30Mtr tape
- 1 X 50Mtr tape – for run ups
- 1 X Spike
- 1 X Take off Mat
- 1 X Trowel (sand mat only)

#### **7.1.3 Safety**

- The pit should be raked and levelled after each trial.
- Everyone should stand clear of the pit.
- Record markers must be cones not sticks or pegs, and must be outside the pit as close as possible to the edge of the pit.

- Rakes, spades and other equipment used in the preparation of the pit , and whilst being used during competition must be removed from the pit, and placed in a location where they will not injure competitors and officials.
- Pits should be filled to a reasonable depth with fine sand so that the surface is level with the take-off area and have a rim of timber to prevent crumbling.
- The pit areas should be marked clearly and be checked and clear of any debris.
- Inspect all run-up and landing areas to ensure they are safe for athletes.

#### **7.1.4 Conducting the Event**

- The pit and sand mat (where applicable) should be dampened to ensure that marks made by take-off and landing are distinct.
- At the jump site pits the Chief Official positions himself/herself at the side of the runway adjacent to the take-off mat/board. It is important that the Chief is directly adjacent to the takeoff area and is not moving during each trial.
- While the pit is being raked someone should stand on the run-up or place a cone on the runway to prevent further jumping.
- If an athlete completes their jump within the rules of competition and the white flag is raised, and then the athlete steps back into the pit / landing area the Chief Official shall not declare the trial a foul as the trial has been completed. Therefore the Chief Official should wait until the trial is clear before raising the white flag.
- An athlete in the course of landing falls forward and their hand leaves the pit area further from the break in the sand which is closest to the take-off area, the Chief Official will declare a fair jump.
- It is good practice for the Chief Official to quickly check each athlete’s run up to ensure there is no impedance.
- For rules refer to “Rules for Competition”.

#### **7.1.5 Take-off Mat**

- This area can be made of industrial belting or some substitute and marked with sand or a 20cm white line across the front edge (depending on age group requirements) Where appropriate, clear white lines on designated runways can be used as the take-off area.
- The take-off area should be made as flush with the run-up as possible and, if possible, fixed so that it does not shift when the competitors jump from it.
- The mat will move slightly from its position during competition and should be checked occasionally to ensure that it is still in the correct location.

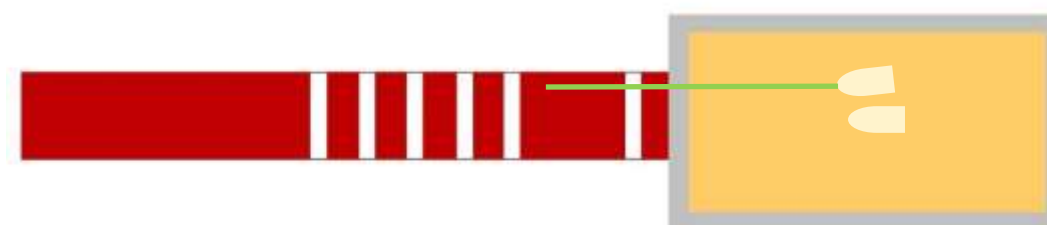
#### **7.1.6 Run-Up**

- The run-up should be level and hard/compacted if possible. .
- A measuring tape should be laid out on the side of the runway for athletes to measure their run-ups. Ensure run up tape is secured to the edge of the sand by a peg. This may need to be checked throughout the event if windy conditions are being experienced.
- 
- If a competitor in the course of running up interrupts their attempt without going over the foul line the chief judge will allow the athlete to return to their starting mark and recommence their trial within the 30 second time allowance.
- In triple jump if an athlete drags their trail leg on the runway during their trial this is not considered to be a foul jump.

- Competitors are allowed a practice run-up/run through..

### 7.1.7 Method of Measurement

- For age groups utilising sand mats, the jump is measured from the break in the sand nearest to the take-off point, (regardless of what part of the athlete's body made the mark), to the point of imprint of the athlete's take-off foot nearest the landing point.
- For age groups utilising white lines, measure from the front of the white line (nearest the pit) to the break in the sand nearest to the take-off point. Be prepared to extend the take off line and ensure that the tape is deployed at a right angle from the landing point to the front of the mat.
- A steel spike marks the landing point and the zero end of the tape is held at this break in the sand.
- The tape should be held horizontally from the level of the take-off point and pulled taut back through the take-off area over to obtain the correct angle for measurement. Ensure the tape is untwisted.



## 7.2 TRIPLE JUMP

### 7.2.1 Recommended take off points from pit (Guide only)

Boys/ Girls (Mtrs)	U11	U12	U13	U14	U15
	5.0	5.0	5.0 or 7.0	5.0 or 7.0	7.0

## 7.3 HIGH JUMP

### 7.3.1 Equipment

- 2 X uprights
- 1 X Cross Bar (circular)
- 1 X Steel or fibreglass measuring stick or tape
- Landing bags (provided in accordance with the Rules of Competition)
- 2 X Sand Bags or similar to secure the uprights
- 1 X Red Flag
- 1 X White Flag

### 7.3.2 Site Set Up

- Bag should not be resting on base of uprights if possible. Ledges shall be facing each other so that the bar may be dislodged either way.
- End of bar should have approximately 10 mm clearance on the uprights to allow displacement.
- Mark the top of the bar so that it is replaced the same way each time it has been dislodged.
- Ensure that both ends of the bar are the same height above the ground.
- Set the bar at the correct starting height.
- Bar measurements shall be checked with the measuring stick perpendicular to the ground at the lowest point of the cross bar and to the top of the bar.
- There may be a discrepancy of up to 5mm between measurement at the low point of the bar and the measurement on the upright.

### 7.3.3 Run Up

- Allow competitors a practice run through to check their run-up.

### 7.3.4 Record Attempts

- At the high jump, the Chief Official is to call for the Field Referee if a record jump looks imminent, to firstly, set the bar at the record height, and reset or recheck the bar, when the athletes have either cleared the height, or have fouled. The Field Referee is to do this until athlete(s) have finished event.

### 7.3.5 Recording

- Recording on the sheet a “pass shall be recorded with a “P” a failed attempt shall be recorded with an ‘X’ and a successful attempt shall be recorded with a tick ‘v’.

### 7.3.6 Starting Height

- Starting heights are set to encourage full athlete participation. Encourage the more advanced high jumpers to commence at a higher height.
- The starting height should be changed by 1cm each time the high jump is conducted, eg 1st competition – 60cm, 2nd competition – 61cm, and so on until reaching 64cm, and then reverting back to 60cm.

### 7.3.7 Recommended starting heights for Centre competition

	U8	U9	U10	U11	U12	U13	U14	U15
Girls (cm)	55	60	65	70	75	80	85	90
Boys (cm)	60	65	75	80	85	90	95	100

### 7.3.8 Conducting the Event

- Regardless of whether a competitor leaves to compete in another event, the three in a row failure rule still applies eg after failing once at 60cm, leaving and then returning at 80cm, the athlete only has two attempts left.
- A trial is not complete until the chief judge indicates a fair or foul attempt by raising the red or white flag. It does not matter whether the athlete is on the jump mat or not.
- Note: on windy days the bar may be held in position by officials, but support must be removed when the athlete takes off to allow displacement.

- It is also helpful to set up the high jump side on to the oncoming wind.
- When one competitor is left, he/she may choose their own increments. He/she shall be allowed to continue until he/she has recorded three failures and the last height cleared shall be recorded as the winning height
- For rules refer to “Rules for Competition”.

## 8. TRACK

### 8.1 COMPETITION

- Track takes precedence over field.
- Wear appropriate clothing for the weather conditions -. Even consider taking a water bottle to your track duty.
- To claim an Australian Best Performance (ABP) the event must be a TLAA conducted event and there shall be at least three (3) recorded times for the 1st placed athlete.

### 8.2 Lanes & Lines

- Competitors shall stay in their lanes.
- Jostling, running across or impeding competitors could lead to disqualification.
- The finish line shall be denoted by a white line 5 cm wide, with two uprights to aid in judging.

### 8.3 RELAYS

- Each take-over zone shall be 30m long. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
- The scratch lines of the second take-over zone for the 4x200m is the same as the start lines for the 800m.
- The arc across the track at the entry to the back straight showing the position at which the third stage athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the 800m event.
- 4x100m shall be run entirely in lanes.
- In 4x200m the first two legs, as well as that part of the third leg up to the line after the first bend (breakline), will be run entirely in lanes.
- In relay races of 4x100m and 4x200m, members of a team other than the first runner must commence within the 30m take-over zone.
- Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the second change (as guided by the relevant Track Umpire).
- In any relay race, when lanes are not being used, waiting athletes can take an inner position on the track (as directed by the Track Umpire) as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his/her progress.
- Check-Marks. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark on the track within his/her own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. For a cinder or grass track, he/she may make a check-mark within their own lane by scratching the track. In either case no other check-mark may be used.



- The baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 28 to 30cm. The circumference shall be 12 to 13cm and it shall not weigh less than 50gm. It should be coloured so as to be easily visible during the race.

### 8.3.1 Duties

In addition to the “normal” track duties, the following positions will be required:

#### Start Marshalls

- Marshalling will take place behind the 100m start. Organise athletes into teams/heats/lanes and provide each athlete with a (lane) ticket to take to the relay change officials.

#### Relay Escorts

- Once teams/lanes/order of runners is sorted by the Start Marshalls, the relay escort leads athletes to the respective change over and leaves them in the care of the Change Marshall.

#### Change Marshalls

- Stands off the track in a suitable area where athletes for relays will assemble until they come under the control of the Change Umpires. When directed by Change Umpire, marshal athletes into correct lanes (as per the ticket) ensuring athlete still have lane tickets in their hands for Change Umpires to collect.

#### Change Umpires

- Collect the tickets from each athlete once they are in the correct lane (as per the ticket).
- Ensure all athletes are aware of the change-over area.
- They signal all clear (white flag) to the Track Referee when satisfied all athletes are ready for a start.
- Signal the Track Referee (yellow flag) if an athlete has broken a rule during the running of the relay event. In this instance, the Umpire should note as many details of the infringement as possible (eg lane number, athlete’s Centre, details and location of infringement etc). The Track Referee will come to the site of the infringement to discuss with the Umpire. An “all clear’ signal (white flag) should be given to the referee each time all athletes have passed through their area with no infringements.

#### Finish Marshall

- Assists the Track Referee at completion of the race.
- Ensure athletes stay in their lanes after running through the gates.
- Ensure all athletes collect the relevant lane tag and line them up in order before reporting to the track recorders.

#### Admin Runner

To run sheets between Admin and the Start Marshalls

#### Track Umpire – Bend

- Watches for any infringements that may occur on their bend – eg running out of lane, impeding another athlete etc.
- A white flag signal should be made to the referee on each lap if everything is “all clear”.
- If there are any infringements, the Umpire should raise the yellow flag and note as many details of the infringement as possible – eg lane number, athlete Centre, details of infringement etc. The Track Referee will come to the site of the infringement to discuss with the umpire at the completion of the race.

#### Track Umpire – Crossover

- Stands near where athletes cross over from their lane towards the inside of the track and ensures there are no infringements – eg crossing over too early, impeding another athlete etc.
- As per other track umpires, signals “all clear” with a white flag and infringements with a yellow flag, Procedure for infringements is the same as Track Umpire – Bend (above).

## 8.4 Hurdles Heights

### 60 – 100 Metre Hurdles

Age Group	Distance	Height	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60 Metres	Max 20cm	12 Metres	7 Metres	13 Metres	6
Under 7	60 Metres	Max 20cm	12 Metres	7 Metres	13 Metres	6
Under 8	60 Metres	45cm	12 Metres	7 Metres	13 Metres	6
Under 9	60 Metres	45cm	12 Metres	7 Metres	13 Metres	6
Under 10	60 Metres	60cm	12 Metres	7 Metres	13 Metres	6
Under 11	60 Metres	60cm	12 Metres	7 Metres	13 Metres	6
Under 12	60 Metres	68cm	12 Metres	7 Metres	13 Metres	6
Under 13	80 Metres	76cm	12 Metres	7 Metres	12 Metres	9
U14 Girls	80 Metres	76cm	12 Metres	7 Metres	12 Metres	9
U14 Boys	90 Metres	76cm	13 Metres	8 Metres	13 Metres	9
U15 Girls	90 Metres	76cm	13 Metres	8 Metres	13 Metres	9
U15 Boys	100 Metres	76cm	13 Metres	8.5 Metres	10.5 Metres	10

### 200/300 Metre Hurdles

Age Group	Distance	Height	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200 Metres	68cm	20 Metres	35 Metres	40 Metres	5
Under 14	200 Metres	76cm	20 Metres	35 Metres	40 Metres	5
Under 15	300 Metres	76cm	50 Metres	35 Metres	40 Metres	7

## 8.5 RACE WALKING

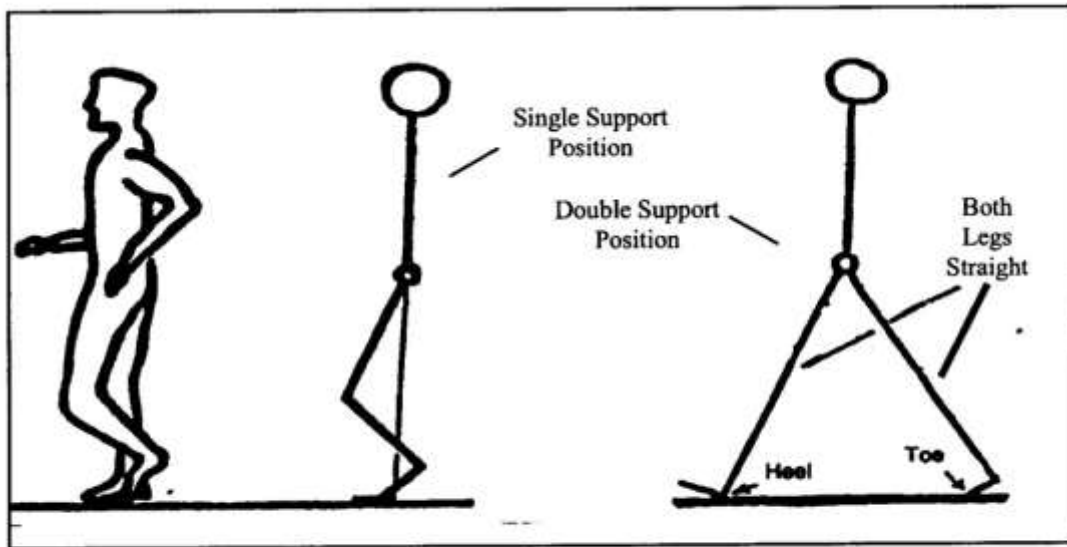


Diagram shows the foot of the supporting leg flat on the ground. The supporting leg vertically upright and not bent at the knee. THIS SATISFIES THE RULE.

### 8.5.1 Judging Position

- The Judges positions will be allocated by the Chief Judge and will be positioned to cover the whole course. The Chief
- Judge will judge the home straight to the finish line.
- The Judges must remain in a stationary position when judging.
- The best position to judge is about 5 to 6 metres on the outside (lane 5 or lane 6) of the track and view the action of the legs, noting the foot landing position, its swing and the leg from the time the leg supports the body.
- Another good judging angle is as the competitor moves away from you and is at a 45 degree angle to you - here the legs are closest together in your view and you can see both legs virtually at the same time.
- Avoid extreme rear judging as it is misleading.

### 8.5.2 Distances

Boys & Girls	U9	U10	U11	U12	U13	U14	U15
700 Mts	X						
1100 Mts		X	X				
1500 Mts				X	X	X	X

## 8.6 TIME KEEPING

### 8.6.1 Preparation

- Clarify objectives eg. Time 2nd position or 2nd lane as directed by the Chief Timekeeper, whether to record in writing or hand in watch.
- The Timekeepers shall be in line with the finish line posts on the outside or inside of the track at least five (5) metres away.
- Two watches or timing devices are required at Centre level to time first place and one watch for all other positions, it is ideal to utilise a back up watch if there is sufficient time keepers, this is useful if some one missed the start. If this occurs inform the back up time keeper what position you are timing.
- Three watches or timing devices are required at TLAA conducted meetings to time first place and one watch or timing device for all other positions, it is ideal to utilise a back up watch if there is sufficient time keepers, this is useful if some one missed the start. If this occurs inform the back up time keeper what position you are timing.
- Time Keeper should always time the placing not the lane.

### 8.6.2 Definitions

- Start: At first sign of smoke from the Starter's gun, or sound if no smoke visible. Also flash from gun can be used if dark or very overcast.
- Finish: When any part of the runner's torso crosses the plane of the finish line.
- Torso: That part of the body without the head, neck, arms and legs.
- Finish Line: A vertical plane running across all lanes, normally defined by a line marked on the ground and two vertical posts one on each side of the track.
- Dead Heat: When the appropriate judges agree that the torso of two or more runners cross the near edge of the finish line together.

### 8.6.3 Points to Watch

- Ensure you have a good stop watch or timing machine in good working order, and set at zero prior to start of race
- Have confidence in your own ability to operate and read your stop watch.
- Hold the stop watch comfortably in the hand with the first joint of the forefinger on the winding or starting button.
- Do not develop an exaggerated pushing or shaking movement when starting or stopping watch, a small movement of the forefinger will suffice.
- With about 30 metres of the race still to run note the athlete or the lane you are timing and prepare to stop the watch.
- Do not worry if more than one stop watch reads the same time. 0.1 seconds is equivalent of ½ to 1 metre in distance, do not adjust your time if it differs from the time keeper beside you.
- Where new records are expected, or at some Championship events, more than one watch may be used for first and possibly subsequent positions.
- When using two stop watches for one position always accept the longer time
- When using three stop watches for one position always accept the middle reading, or if two watches should read the same time, then these should be accepted.
- The times must be adjusted up to the nearest 1/10 second (ie 10.21 to 10.29 reads 10.3)
- Automatically started, manually stopped electrical timing can be accepted for record times.
- Never reset your stop watch prior to agreement being reached with the chief timekeeper ▪  
Always look at your stop watch prior to starting the stop watch to ensure it is zeroed.
- Remember to reset the stop watch to zero should a false start occur.

## 8.7 CHIEF TIME KEEPER

### 8.7.1 Duties of a Chief Timekeeper

- Ensure that Timekeepers are placed in such a position that they:
- Are 'in line' with the finish line
- Have a good view of all lanes,
- Have a clear view of the starter
- Allocate to each timekeeper the place he/she is to time
- Supply the appropriate tickets.
- Control the transceiver or other means of communication with the starter.
- Ensure all timekeepers are in position and ready before notifying the starter that he may proceed with the event.
- When separate Timekeepers and Finish Judges are used, the Chief Timekeeper notifies the Track Referee who then notifies the starter.
- May examine the watches to verify the reported times, and shall decide the official times for each competitor apply as necessary to the provisions of TLA Rules of Competition.

### 8.7.2 Running Watch

- When timing distance or walking races, it is not necessary or practical to time each runner with an individual watch.
- Four stop watches are started, in case one fails.
- For special events additional stop watches may be required.
- As the winner finishes, two stop watches are stopped for an accurate measurement of first place.
- These stop watches may be put aside and two watches kept running until the final runner has been recorded when the stop watch may be read and the time recorded against the winner.
- As each other runner crosses the line times are read off from the other and recorded.

## 8.8 PLACE JUDGE

### 8.8.1 Function

- To determine the order in which the competitors pass the finish line.
- Place the athletes by lane ie: second place lane five (5).
- 

### 8.8.2 Position of Judges

- They must be located in line with the finish line.
- They should all be located on the same side of the track.

- There should be no less than five metres from the edge of the track.
- They should be seated on an elevated stand.
- Priority of Nomination
- The first position judge has first priority of nomination.
- The 2nd, 3rd etc. judges then nominate placegetters in sequence.
- Should there be any disagreement, eg. if 2nd and 3rd judges each claim a particular competitor for those positions, the 2nd place judge has prior claim.
- Should a situation arise the chief judge may ask other judges to nominate and by a process of elimination determine which competitor is 'unclaimed.
- This procedure may enable a solution to be achieved.
- An experienced judge will identify one of the placegetters either side of his nomination, particularly if the positions are close.
- A habit such as this will prove invaluable in the event of conflict of opinion among judges.
- The chief judge will be able to guide judges to agreement if the judges can't make a decision.

### 8.8.3 General Notes

- The single function of a judge previously listed may vary depending on the policy of meeting at which they are officiating.
- Judges carry out the single function of nominating place getters.
- Each Judge is required to select a nominated place
- In this situation the Chief Judge confirms placing while the Finish Marshall assembles the competitors.
- When all places are confirmed the competitors are assembled to receive place discs.
- Due to possible delays it is advisable for judges to record placings in writing immediately after the race is completed.
- Be in a good position to see finish line and be paying attention to the race finish.

## 8.9 CHIEF JUDGE

- Detail requirements to each individual Judge, eg. what position they will judge.
- Make sure there are the correct amount of judges and place tags available,
- The minimum number of judges required for laned events should be equal to the number of competitors in each race, this is not required for distance races.
- Check the number of competitors in each race and communicate this to the judges.
- Communicate with Starter when Judges are in position and ready.
- When separate timekeepers and finish judges are used, the chief judge notifies the track referee when the judges are ready. The track referee then notifies the starter.
- Note: When separate timekeepers and finish judges are used, if the timekeepers and finish judges do not agree on the placing of the competitor, the finish judge's decision is final and times are amended accordingly.

## 8.10 STARTERS

### 8.10.1 Responsibility

- The Starter has entire control of the competitors once they are called on to their marks, and is the sole judge of any facet connected with the start.
- A good starter must be physically and mentally alert. There is no-one to appeal to when difficult decisions have to be made, since the Starter's decision is final.
- The Starter must therefore have a good knowledge of all the rules relating to the start. Athletes, especially sprinters, are often temperamental and highly strung.
- The Starter and check starter should remember that they are there to help the athletes and ensure a good, fair start for all competitors.
- The starter and check starter have the power to recall the athletes in the event of an unfair start.
- The starter and the check starter should assist in ensuring that the track events are run to time. To maintain the calm and impartial attitude so essential to the job.
- The Starter should not fuss around with the preliminary activities, which should be left to the check starter.
- It is better to take over when the athletes are ready to come under the starter's orders.
- The starter should be responsible for signalling with a white flag readiness for a start to the track referee

### **8.10.2 Equipment**

- Starter's Stand
- Intercom or Two Way Radio
- Red Flag - Disqualification
- White Flag – All Clear
- Orange Flag – False Start
- Gun(s) - starting caps
- Ear Plugs / Muffs
- Flash Boards (if required)

### **8.10.3 Starting Guidelines**

- Athletes should be instructed to stand 3 metres behind the starting line.
- When selecting a position for starting, two main points must be kept in mind.
  1. To stand well away from the athletes on the infield.
  2. To see all the athletes in the narrowest possible angle of vision
- By standing well back the starter will obtain an equal view of all athletes. At a reasonable distance from the nearest competitor the starter should be able to see all the athletes clearly.
- A loud hailer or portable amplifier is an advantage in starting 200m and 400m races.
- The starter should get an 'all clear' signal from the track referee or chief timekeeper or before advising athletes to move to 'on your marks'.

### **8.10.4 Commands**

- For events up to and including the 400m the following commands shall be given:

- Give the order 'on your marks'
- Allow time for athletes to settle.
- When all movement has ceased, raise gun and give order 'Set'
- When all athletes are steady and 'set' and perfectly still, and after a pause to allow for full concentration, fire the gun.
- The pause between the command 'set' and the firing of the gun is necessary for two reasons
  1. To allow the starter time in which to be sure all movement has ceased.
  2. To allow athletes to reach peak concentration.
- As the Starter calls 'set' to the athletes, hold the gun steady in a position to enable the timekeepers to see the flash or smoke of the gun.
- Starters should vary the 'SET' time slightly to prevent anticipation of the start occurring.

### 8.10.5 Holding time

- The holding time should, ideally, be in the region of 2 seconds, or slightly over.
- Too rapid firing causes athletes to be afraid of being left, and this in turn leads to breaks.
- After approximately 2 seconds the athlete's concentration fades, and if it has been possible to effect the start the competitors should be told to 'STAND UP'. This order should be used whenever something has gone wrong, as well as when either the competitor's or the Starter's concentration has been broken.

### 8.10.6 Starting Gun

- Should be reloaded fully between each event in case a false start should occur.
- It is good practice to have a second gun being loaded by an assistant while the first is in use. This also ensures that a gun is always available in case one breaks down.
- Note: For safety purposes, starting caps should not be held in hand or pockets when not loaded in the gun. They should be stored in the box.

### 8.10.7 False Start

- A second false start by the same person will incur disqualification from the event (multi event and relay events – third false start).
- An orange coloured flag indicates a false start, a red coloured flag indicates disqualification.

## 8.11. CHECK STARTER

- The check starter act as assistants to the Starter, and it is their responsibility to ensure that everything connected with the start runs smoothly.
- It is necessary for the check starter to be in such a position as to see along the starting line for any hand infringements.
- When the starter has ordered the competitors "on their marks' the check starter must see that no competitor places either fingers, hands or feet on the starting line or in front of it. If any difficulty arises they must signal the Starter immediately.
- The check starter should check to see that contact is being maintained with the blocks/ground by both feet.



- Should there be a false start and a warning is given, the Check Starter should confer with the Starter to determine who has offended and then will respond with flags and signals as well as make sure the athlete understands that he has received a warning.

## 8.12. RACE MARSHALL

- The Race Marshall must assemble the competitors into their respective races, and place them in their correct lanes or stations.
- The Race Marshalls are in control of the preparation of heats ready for the starter. Until the heat comes under the starter's orders, they must remain under control of the Starter's Marshall.
- The Race Marshall should aim at friendly co-operation from the competitors, but any form of 'gamesmanship' should be tactfully discouraged.
- They must place each competitor in his correct lane or station, as listed on the programme, on an assembly line 3 metres behind the starting line. When a fresh start is ordered the Race Marshall shall assemble the competitors again.
- They shall be responsible for the readiness of batons for the first runners in a relay race.

### 8.12.1 Preparation

- The marshalling area should be suitably located at least 10 metres from the starting area for each event so that starter's commands can be clearly heard by the children in the starter's hands.
- The Marshall must ensure that they have the relevant grading sheets to enable children of comparable ability to run in the same heat.

## 8.13. TRACK REFEREE

- A referee cannot change the placing in any event due to any perceived interference during the running of that race. A competitor may be given a warning or disqualified.
- Referee cannot overrule the starter once the competitors are called to their marks.
- The Track Referee may also be consulted if a problem arises with the places.
- The track is administered by the track referee, who has the authority to make the following decisions:
  1. Exclude or disqualify athletes for improper conduct.
  2. Order re-runs excluding disqualified athletes (if deemed necessary).
  3. Include in the final, competitors affected by an act in a heat, if a lane is available.

4. In conjunction with the Arena Manager, to change the place of competition or delay races if it is considered dangerous.
  5. Determine positions in a race when the Chief Judge is unable to reach a decision.
  6. Disqualify athletes for any breach of the rules.
- Responsibility for confirming the readiness of Start and Finish line Officials before the start of a race.
  - Responsibility for disqualifying competitors if satisfied on an umpires report that a competitor has deliberately ran out of their lane as per Rules for Competition.
  - The track referee has the responsibility of placing track umpire to cover the whole course

#### 8.14. TRACK UMPIRES

- Are assistants to the referee without the authority to make a final decision, and are responsible for detecting deliberate impedance or interference during an event ie:
  1. A vigorous arm action or impeding other competitors
  2. An athlete moving in or out to prevent another from overtaking.
  3. An athlete running on a lane line or out of lane.
- As soon as all the competitors have passed the Umpire's zone of observation the umpire should indicate immediately if there is any violation of the track rules by raising the orange flag.
- A suitable number of umpires shall be appointed to supervise the takeover zones in relay races.