

# MUDGEERABA LITTLE ATHLETICS



## EVENT GUIDE

### Handy Hints for Field Events

## LAQ - THROW SPECIFICATIONS

|                      | DISCUS                    | SHOT PUT                | JAVELIN                   |
|----------------------|---------------------------|-------------------------|---------------------------|
| <b>U6 &amp; U7</b>   | 350g                      | 1kg                     | Vortex                    |
| <b>U8</b>            | 500g                      | 1.5kg                   | Vortex                    |
| <b>U9 &amp; U10</b>  | 500g                      | 2kg                     | Turbo Javelin             |
| <b>U11</b>           | 500g                      | 2kg                     | 400g                      |
| <b>U12</b>           | 750g                      | 2kg                     | 400g                      |
| <b>U13</b>           | 750g                      | 3kg                     | Girls- 400g<br>Boys- 600g |
| <b>U14</b>           | 1kg                       | 3kg                     | Girls- 400g<br>Boys- 600g |
| <b>U15 &amp; U16</b> | 1kg                       | Girls- 3kg<br>Boys- 4kg | Girls- 500g<br>Boys- 700g |
| <b>U17</b>           | Girls- 1kg<br>Boys- 1.5kg | Girls- 3kg<br>Boys- 5kg | Girls- 500g<br>Boys- 700g |

# VERIFYING CLUB RECORDS

| U10 - M - Discus 500g - 21 Sep 2019<br>Heat Club     |      |         |            | Centre Record<br>Toby Fawson 30.90 01/09/2015<br>Unit of Measure - mm.cm |           |           |             | 42<br>12:00 PM |
|--|------|---------|------------|--|-----------|-----------|-------------|----------------|
| Start Time: _____ End Time: _____ Recorded By: _____ |      |         |            | Officials Signature: _____   |           |           |             |                |
| ID   | Name | Surname | Club       | Attempt 1  | Attempt 2 | Attempt 3 | Best Result | PB             |
| 467  |      |         | Mudgeeraba |  |           |           |             | 22.02          |
| 492  |      |         | Mudgeeraba |  |           |           |             | 16.60          |
| 384  |      |         | Mudgeeraba |  |           |           |             | 16.19          |
| 310  |      |         | Mudgeeraba |  |           |           |             | 14.41          |
| 373  |      |         | Mudgeeraba |  |           |           |             | 12.42          |
| 725  |      |         | Mudgeeraba |  |           |           |             | 8.04           |
| 749  |      |         | Mudgeeraba |  |           |           |             | NA             |
| 755  |      |         | Mudgeeraba |  |           |           |             | NA             |

Above is a screenshot of a recording sheet used by age managers each week. At the top right of each sheet is the current centre record. Before you start each event, please make yourself familiar with the record. In all field events, except High Jump, once a throw/jump has been measured and determined to have equalled or bettered the record you must..... Pause the event, leave the tape measure where it is and call over a Committee member. For High Jump.....Once the bar has been raised to equal or better the record, signal for a committee member. A committee member must be present at the time of the jump.

## RECORDING SHEETS

Below is an example of how to fill out the recording sheets for field events. Athletes get 3 attempts only. Track events that are run through the timing gates (usually up to 400m) do not need to be written on the sheets, the sheets are there in the event that we need to manually time them. Please see a Committee Member if you need help with recording or any aspect of running the events on a Saturday morning. We are here to help :)

### Field Events, except High Jump

- indicates an athlete has passed.
- X indicates an athlete failed / foul.

| Competitor | Trial 1 | Trial 2 | Trial 3 | Best  |
|------------|---------|---------|---------|-------|
| A          | 8.72    | 12.16   | 9.25    | 12.16 |
| B          | 11.25   | 11.95   | X       | 11.95 |
| C          | X       | 12.45   | 10.95   | 12.45 |
| D          | 11.15   | 11.95   | -       | 11.95 |
| E          | 11.95   | 11.19   | 11.85   | 11.95 |

### High Jump

- indicates an athlete did not attempt a height or has passed.
- X indicates an athlete failed an attempt at the height.
- O indicates an athlete was successful at the height.

| Competitor | 1.15 | 1.20 | 1.25 | 1.30 | 1.35 | 1.40 | 1.43 |
|------------|------|------|------|------|------|------|------|
| A          | -    | XO   | O    | XO   | O    | XXO  | XXX  |
| B          | O    | O    | O    | X    | XO   | XXO  | XXX  |
| C          | O    | O    | X    | O    | XXO  | XXO  | XXX  |
| D          | O    | X    | O    | XXO  | XXO  | XO   | XXX  |

# LONG JUMP

## **How do the athletes work out their run-up?**

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.



## **Where do the athletes jump from?**

- U6 - U10: a rectangle of sand or a mat.
- U11 - U17: a board or painted rectangle.
- The take-off area should be setup (not less than) 1m back from the edge of the pit. Allowances may be made for U6 athletes to be closer to the pit, but no less than 50 cm.

## **When is a foul recorded?**

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

## **How do I measure?**

- U6 - U10 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 - U10 (with no foot mark): If the athlete takes off from behind the take-off area, measurement is taken from the back of the mat/take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- U11 - U17: Whether the athlete takes off on or before the take-off board, measurement is from the front of board area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.
- If an athlete falls back when landing, the measurement must be taken from the nearest imprint to the take off area

## **What are the safety considerations?**

- The pit must be dug out and be clear and free of debris and should be raked through, prior to competition.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

## **What are some "Handy Tips" for conducting long jump?**

- Have younger athletes (U6-U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- Each athlete may only get 3 attempts, regardless if they are fouls or recorded jumps.



# TRIPLE JUMP

## **Who can do Triple Jump?**

Only U11 - U17 athletes.



## **Some safety considerations.**

- The pit must be dug out and be clear, free of debris and should be watered and raked through, prior to competition.
- The take-off area should be dry and flat.
- Rake the pit after every jump.
- Sweep the runway

## **"Handy Tips" for conducting Triple Jump?**

- Have 5, 7, 9, 11m boards or mats all set up before the competition starts.
- Pre-list the athletes' preferred take-off area.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups)

## **How do they jump?**

The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

- Hop: During the hop the athlete uses the same foot for take-off and landing.
- Step: Athlete lands on the opposite foot (to that used for the hop).
- Jump: Athlete performs a jump from the "step" foot by landing in the pit.

The saying, "same, other, both" can help remember the sequence.

## **Some basic rules**

- Athletes are to notify the Chief Official which board they will be taking off from, before the start of their first jump. This is so the official knows which take-off area to look at.
- Athletes can change boards at any time, but must advise the Chief Official of the change prior to the commencement of the jump.

## **Where do the athletes jump from?**

- There are 4 standard take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit.
- If an athlete struggles with the 5m board, consider adding a mat at 3m or making an area of sand.
- take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above.

## **How do the athletes work out their run-up? •**

An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.

- A good guide is that the length of their run-up should be their age in strides + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that an athlete is reaching their maximum speed well before the nominated take-off area, you might suggest that they move their run-up in.

## **When is a foul recorded? •**

- If the athlete does not perform the hop, step, jump sequence.
- If the athlete does not finish the jump phase by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off with two feet. • If the athlete walks back through the sand towards the take-off area, after landing. • If any sort of somersault is used.

## **How do I measure?**

- U11- U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

## **How do I record at Triple Jump?**

- indicates an athlete has passed. X indicates an athlete failed / foul.

# HIGH JUMP



## **Who can do high jump?**

- U6 - U7: At club level only using the flexi bar. Scissors. Conducted more as a training exercise, results are not recorded.
- U8 - U10: Scissor only on the thin mats.
- U11 - U17: Flop or scissor technique on the thick mats.

## **Teaching scissors**

- The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete's body should remain upright and they should land on their feet.

## **Teaching flop**

- The flop should only be taught by qualified coaches as it is quite hard to master. Most young athletes at Little Athletics think that the flop will get them a higher jump. If it is done correctly this is usually true, however, most young athletes have not mastered this skill yet, and as such will probably get a higher jump using the scissor technique.

## **When is a foul recorded?**

- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar. For example, touching the mat or uprights even if running through and deciding not to attempt the jump.
- If the athlete knocks the bar off the support. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady the bar.
- Scissors only- If the head of the competitor goes over the bar before the leading foot or if the athlete hasn't made an attempt to land on their feet.

## **What are some basic rules?**

- Each athlete is allowed three attempts for each height at most competitions.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.
- If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.

## **Where do I measure from?**

Measurements for high jump are taken from the top of the cross bar, at the lowest point of the bar in the middle. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised.

## **How do I record each jump?**

- Results are recorded on a high jump recording sheet.
- - indicates an athlete did not attempt a height or has passed.
- X indicates an athlete failed an attempt at the height.
- O indicates an athlete was successful at the height.

## **What are some "Handy Tips" for conducting high jump?**

- Start 5 -10cm lower than the lowest PB on the athlete list. Increase the bar by 5cm at a time until only a few athletes remain. The bar may then go up by a decided amount (2-3cm) for the remainder of the competition.
- Suggested start heights when there are no PB's. U9 (75cm), U10 (85cm), U11 (95cm), U12 (1.05m), U13 (1.15m), U14 (1.20cm), U15 (1.25m), U16/17 (1.30m)
- Have the athletes start from a shorter approach for lower heights.
- Instruct athletes to clear the bar in the middle not near the uprights.



# DISCUS

## **What are some basic rules?**

- Athletes must commence their throw from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the discus has landed.
- Athletes must be told the reason they have been fouled.
- If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul.
- Athletes can enter the circle from any direction (front OR back), but must exit from the back half of the circle behind extension line. We generally teach the athletes to walk in and out from the back to save confusion.
- Athletes may only have 3 attempts each



## **Can the discus be thrown underarm?**

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a discus fly flat. In fact the discus can come out of the hand in any way. If thrown correctly however, athletes will get a bigger throw.

## **It shall be a foul throw if?**

- The discus lands on or outside the sector lines.
- Any part of the body touches the top of the circle (metal ring or ground marking) or ground outside the circle during the throw.
- The athlete walks out the front half of the circle.

## **Where do I measure from?**

- Measurement shall be taken from the nearest imprint made by the Discus to the inside edge of the throwing circle.
- The tape needs to be pulled directly back through the centre of the circle.

## **Some safety considerations?**

- Keep participants who are waiting their turn, well back from the cage and under shade tents provided.
- Judges should stand on the outside of the sector lines and always be alert.
- Participants should not lean on or touch the cage, while waiting for their turn.
- Carry the discus back after each throw – never return the discus by throwing or rolling.
- Don't allow any discus or measuring equipment to be played with.
- The correct discus weight must be used. Refer to the age group folder for the weight chart.

Another helpful tip for larger groups is to call an athlete up for their turn followed by the next athlete on the list so they are ready to go. If you have any questions or your group would like extra assistance at an event, please grab a committee member or coach on any Saturday morning.



# SHOT PUT

## **What are the safety considerations?**

- Keep participants who are waiting their turn to put, well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.
- Do not allow athletes to play with spare shot puts or equipment.



## **How do the athletes "put the shot"?**

- Starting Position - stand side on, feet shoulder width apart and use the non-throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- The shot shall touch or be close proximity to the neck or the chin.
- Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck.

The saying, ("elbow up, thumb down, palm out") can help remember the sequence.

## **What are some basic rules?**

- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the shot has landed.
- Athletes must be told the reason why they have been fouled.
- Athletes can enter the circle from any direction (front OR back), but must exit from behind the centre line on the circle. We encourage all athletes to enter and leave the circle from the back to save confusion and get them into the habit of walking out the back.

## **What is a foul?**

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete's body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

## **How do I measure?**

- Measurement is from the nearest imprint made by the shot to the inside edge of the stop board/circle.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

Shot Put can be one of the more difficult events to judge. As always, we are here to help so just grab us if needed.



# JAVELIN

## **Who is allowed to do Javelin?**

- Only U11-U17 athletes can do javelin.
- Younger age groups can do Vortex or Turbo Javelin as an introduction to Javelin.



## **What are the safety considerations?**

- Keep participants who are waiting their turn, well back from the throwing area.
- Judges should stand on the outside of the sector lines and be fully alert at all times.
- Carry the javelin back vertically after each throw.
- Athletes must not throw until told to do so.
- Never run to collect a javelin.
- Stand the javelins upright with the tip in the ground - never at an angle.
- The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back. Be aware of who is behind you.

## **What are some “Handy Tips” for conducting javelin?**

- Teach the athletes the different grips prior to commencing their throws.
- Have the next athlete ready to throw.
- Move any javelins that are not being used, away from the immediate area.
- For beginners allow the athletes a short approach only on the runway (3-5 steps).

## **How do you hold the javelin?**

There are three types of grip:

- Claw / V grip - gripped in the “v” between the index and middle finger
- 1st finger grip - gripped between the first finger and the thumb
- 2nd finger grip - gripped between the second finger and the thumb

Regardless of the type of grip used, the javelin should be held diagonally across the palm

## **How do you throw the javelin?**

- Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.
- To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, NOT sidearm). At all times the javelin is above elbow height, with the tip pointing forward.
- The run-up for beginners should be a controlled 3-5 steps.

## **What are some basic rules?**

- The javelin must be released from over the shoulder or upper part of the arm.
- The tip of the javelin must strike the ground first, the javelin does not need to stick in the ground to be a valid throw.
- It is not a foul if the javelin touches the ground during the run up.
- The athlete must leave the throwing area from behind the throwing arc.

## **When is a foul recorded?**

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw. • If the javelin does not land with the tip of metal head first.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

## **How do I measure?**

- Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc.
- The zero end of the tape goes out to where the javelin lands.
- The measuring tape is pulled straight back through the 8m point on the runway