

Tasmanian Little Athletics

Guidelines For Officials

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1. Safety

- In the wrong hands or under the wrong conditions, all events can be dangerous.
- Once a Field event is called, the chief judge of that event collects the event sheets and equipment, and then meets the competitors and site officials at the site.
- 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.
- All events shall be allowed only under supervision and everyone should be told the safety rules.
- 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 all 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.
- All competitors & officials **MUST** wear enclosed footwear
- Spikes are not permitted to be worn to or from track and field events
- 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. And In preparation for assisting with track duties you should be wearing appropriate footwear and clothing to protect yourself from sunburn or coldness

1.1. Discus

- Extra precautions are needed for the discus thrower especially those trying turns, everyone should be behind the throwing circle.
- At the Discus site the chief judge 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.

1.2. Javelin

- Javelins shall be carried in a vertical position by athlete's until they have commenced their throwing stance.
- Official shall carry javelins in a vertical position at all times.
- Particular attention shall be taken into consideration when carrying javelins from storage facilities to site location. These must be carried by a responsible adult and 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.

1.3. Jumps

- Jumping should be allowed only under supervision and everyone should be told the safety rules.

- 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 for competition, and whilst being used during competition, must be removed from the pit, and placed in 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 are safe for athletes.

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.
- Spectator 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.
 - Using mobile phones or other electronic devices to contact athletes.

4. Field Events

- 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 or referee 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.
- The trial must be completed within 1 minute of the athlete being called, except in High jump when only one competitor remains, 3 minutes may be allowed per trial.
- A trial is not complete till 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 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.
- The competitor's (I) one 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'
- Makes sure the proper equipment (Pits), proper sized implements (Throws) are been used, and the correct starting heights in High Jump have been checked. Flags are to be used by chief judge and sector judges in all events, state and centre.
- Makes sure the athletes names are checked off, and put into their trial order, and mat order (triple jump).
- Makes sure the athletes (and officials) know the existing event record.
- 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.](#)
- [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.](#)
- In the event of a record at the pit Jumps or Throws, the Chief judge 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 chief official at state meetings must not fully extend the event sheets; this is to be done in Administration office.
- 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.
- At State and regional meetings no practice throws or Jumps are permitted
- The sector judge shall indicate to the chief judge if the implement has landed correctly by raising the red or white flag.

4.1. Progression to finals at Championships and Special General Meetings (Throws & Long & Triple jump)

- The top 8 competitors leading at the end of the third round shall be allowed another 3 trials each in the Under 13 age group. To be eligible for three additional trials athletes must have recorded a valid attempt.
- If a tie occurs on the 8th and 9th place, then both competitors shall progress to the final.
- The chief judge must get a Field Referee (State) or arena manager/official (centre), to ascertain these positions.
- All six throws or jumps count for medals

5. Throws

5.1. General

- The athlete may enter a throwing circle from any direction but must leave from the rear half.
- The athlete must commence and finish their trial from a standing, stationary position in all throwing events
- The implement must not be improperly released (eg. dropped during a trial). A foul throw or improperly releasing the implement in making an attempt shall be recorded as a trial, but the measurement shall not count.
- The athlete must not leave the circle or throwing runway until the implement has landed,
- In javelin the competitor may leave the runway from beyond the arc at right angle to the parallel lines, the competitor does not have to leave from the back end of the runway.
- The implement must fall so that the first point of impact is within the inner edges of the lines marking the sector. It does not matter where the implement goes after the first impact.
- Ties are broken by referring to the next best throw; if a tie still remains then equal placing shall be awarded.
- If no rules are infringed a trial may be interrupted, the implement may be laid down inside or outside the circle or runway and the competitor may leave the circle or runway before returning to his stationary position to recommence the trial.
- All implements must be provided by the organising Committee. Athletes are not permitted to use their own throwing implements.
- The TLAA will provide certified throwing equipment to be used at all TLAA conducted Meetings.
- During the delivery of the implement, if the athlete overbalances and unintentionally touch the ground outside the circle or runway this will be considered a foul.

5.2. Method of Measurement

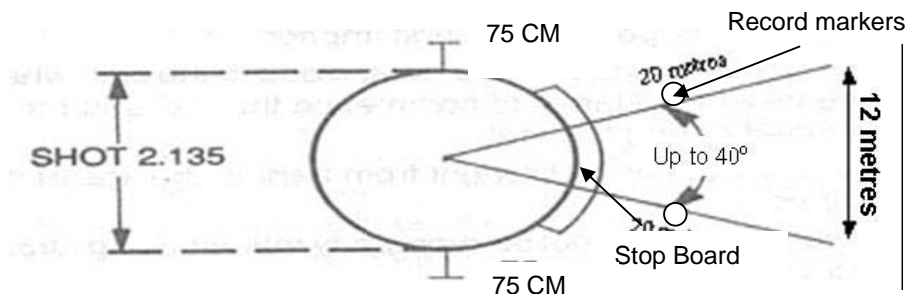
- Each valid trial must be measured immediately after the throw to the nearest mark made by the fall of the implement to the inside of the circumference of the circle along a line passing through the centre of the circle.
- Measurements are made to the nearest whole (1) one centimetre below.
- The zero end of the tape is held where the implement lands.
- Site set up for all throwing events
- Record markers are to be used to mark the existing record for all throws events.
- All lines used to mark the circle and sector are to be 5cm wide.
- Signs should be set up to warn of throwing events in progress.

5.3. 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 implement is thrown. Their tasks include watching for hand and foot fouls 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 sector judge has the final say in determining if the implement landed correctly.
- 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.

5.4. Shot Put

5.4.1. Site Diagram



- The shot is thrown from a circle into a sector of 40 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.
- The chief judge stands on the left hand side for a left-handed thrower, and the right hand side for a right-handed thrower.

5.4.2. 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 markers)

5.4.3. Implements / Weights

The age groups using different implements are:

Weight (kg)	Diameter (mm)	Colour	Age Group
1.0	80	Blue	U6,U7 Boys & Girls
1.5	80	Yellow	U8 Boys & Girls
2.0	80	Orange	U9,10,11 Boys U9,10,11,12 Girls
3.0	100	White	U12 Boys, U13 Boys & Girls, U14,U15 Girls
4.0		Red	U14,U15 Boys

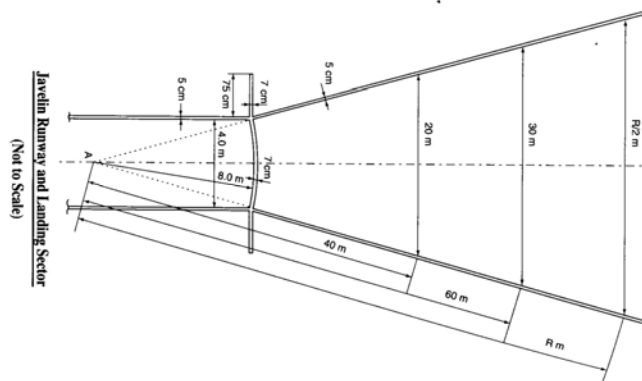
5.4.4. To Be A Valid Throw & Measured

- The athlete must finish in a stationary position, leave from the rear half , after the implement has landed,
- The competitor must not touch the top of the circle, or Stop Board, or the ground outside the circle during the trial with any part of their body but they are allowed to touch the inside of the steel band (if one is part of Shot Put ring construction) and the Stop Board.
- The shot must fall so that the point of impact is within the inner edges of the lines marking the Sector, it does not matter where the implements go after the first impact.
- The shot shall be put from the shoulder with one hand only, at the time the competitor takes a stance in the circle to commence a put, the shot shall be held in close proximity to the neck or chin and the hand shall not make more than one motion from this position during the action of putting.
- The shot must not be brought from behind the line of the shoulders or thrown from below the plane of the shoulder

5.5. Javelin

- The official required to pull the tape back through the centre of the circle of which the arc is a part (This is to obtain the correct angle for measurement), is also required to act as an arm foul judge.
- The recorder should assist in judging for foot fouls.
- 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.

5.5.1. Site Diagram



5.5.2. Equipment

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

5.5.3. Implements / Weights

Weight (grams)	Implement	Age Group
-	Vortex	U6, U7 Boys & Girls
-	Turbo Jav	U8, U9 Boys & Girls
400	Javelin	U10, U11, U12 Boys & Girls & U13 Girls
600	Javelin	U13 Boys, U14 & U15 Boys & Girls

5.5.4. To Be A Valid Throw & Measured

- The Javelin must be held at the grip with the hand in contact with the grip. It shall be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled.
- A throw is valid only if the tip of the metal head strikes the ground before any other part of the javelin.
- It is a foul throw if the competitor touches with any part of the body or limbs, the arc line, or ground beyond, including the area outside of the 4 metre wide runway.
- A competitor must not cross either parallel line defining the runway during approach run up.
- 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 Javelin must land within the inner edges of the lines marking the sector.
- It is not a foul throw if in the run-up the tail of the javelin touches the ground.
- A competitor may place alongside the runway, one or two markers, supplied or approved by the organising committee.

5.5.5. Method of Measurement

- The tape is drawn tight through the arc to the centre of the circle, of which the arc is a part.
- Each valid throw is measured immediately from where the metal tip of the Javelin head first strikes the ground, to the inside edge of the arc, along a straight line from the point of landing to the centre of the circle of which the arc is a part of, to the nearest whole centimetre below the distance measured

5.6. Vortex

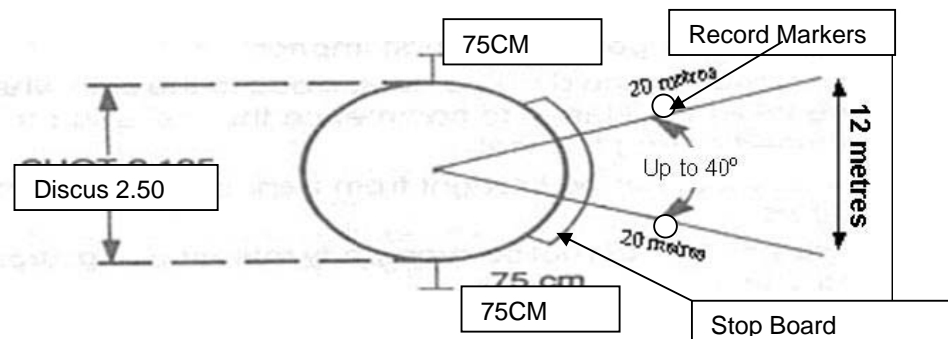
- The rules for Vortex are the same as for Javelin
- To be a valid throw & measured the vortex must be thrown by the shaft and must land tip first, all the other rules for javelin apply.
- This event is for the Under 6 & 7 age group only.

5.7. Turbo Javelin

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

5.8. Discus

5.8.1. Site Diagram



5.8.2. Instructions for Officials

- Each valid trial shall be measured immediately from the first point of contact to the inside of the circle's or arc's edge, along a straight line to the centre of the circle or arc, to the nearest whole centimetre below the distance measured.

5.8.3. 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)

5.8.4. Implements / Weights

Weight	Age Group
330-350 grams	U6 & U7 Boys & Girls
500 grams	U8, U9, U10 Boys & Girls
750 grams	U11, U12 Boys & Girls & U13 Girls
1.0 kg	U13 Boys, U14, U15 Boys & Girls

5.8.5. To be a valid throw and measured:

- The competitor must not touch the top of the circle or the ground outside the circle during the trial with any part of their body, but they are allowed to touch the inside of the steel band (if one is part of the discus ring construction).
- There are no other 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.
- The discus must fall so that the point of impact is within the inner edges of the lines marking the Sector. It does not matter where the implements go after the first impact.
- The athlete must finish in a stationary position, and leave from the rear half after the implement has landed.
- During the delivery of the implement, if the athlete overbalances and unintentionally touches the ground outside the circle this is considered a foul.
- The competitor must not touch the top of the circle, or the ground outside the circle during the trial with any part of their body but they are allowed to touch the inside of the steel band if one is part of discus ring construction.
- APB

6. Jumps

6.1. Pit Jumps

- Officials Required - Pit Jumps
- Ideally 5 officials are required to conduct jump events
- 1 X Raker
- 1 X Spiker
- 1 X to pull the tape through
- 1 X Recorder
- 1 X Chief Judge

6.1.1. Equipment

- 1 X Watering can
- 2 X Cones for marking records
- 2 X Cones for triple jump mat (optional)
- 1 X Rake
- 1 X Spade / Shovel
- 1 X 30Mtr tape
- 1 X 50Mtr tape
- 1 X Spike
- 1 X Take off Mat
- 1 X Trowel

6.1.2. General

- The pit should be raked and levelled after each trial
- The pit and mat should be dampened to ensure that marks made by take off and landing are distinct.
- 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
- 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, you as chief judge will declare a fair jump.
- Ties are broken by referring to the next best jump, if a tie still remains then equal placing shall be awarded.
- At the jump sites pits the chief judge positions himself/herself at the side of the runway adjacent to the take off mat/board and foul line.
- While the pit is being raked someone should stand on the run-up to prevent further jumping.

6.1.3. **Take off Mat**

- This area can be made of industrial belting or some substitute and marked with sand. The take off area for U7 - U12 should be half metre x 1 metre.
- For U13 – U15 athletes, a 20cm x 1 metre white line on front of edge of mat, placed so that the front edge is 2 metres from the pit.
- The take-off area should be made as flush with the run-up as possible and fixed so that it does not shift when the competitors jump from it.
- In long jump the front edge should be 50cm from the pit for U6-U12 age groups, and 2mts for remaining age groups.
- In triple jump the take off mat is placed at various 1 metre distances from the pit.
- 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.

6.1.4. **Run-Up**

- The run-up can be of any length not exceeding 40 metres, but should be restricted to avoid wasting time.
- Athletes may change their run up at any time however the athletes may not re-measure their run up once the competition has commenced, unless the marker has been accidentally moved.
- The run-up should be level and hard if possible to allow for fast running.
- A measuring tape should be laid out on the side of the runway for athletes to measure their run-ups.
- 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 1 minute time allowance.
- In triple jump if an athlete drags their trail leg on the runway during their trial and completes their attempt this not considered to be a foul jump.
- Allow competitors a practice run-up(s) to check their run-up.

6.1.5. **Markers**

- Markers are not permitted on the runway but can be used at the side.
- A measuring tape should be laid out on the side of the runway for athletes to measure their run-ups.
- If markers are not provided an athlete may mark their run-up with a small thin flat item
- The use of drink bottles and hats as markers is not permitted.

6.1.6. **To be a Valid Jump and measured**

- To be a valid jump it can only be made if the competitor takes off from one foot.
- If the athlete takes off before the take-off area then the jump shall be measured from the break in the sand to the back edge of the take-off area in the U7 to 12 age groups.
- For Under 13 to Under 15 athletes the jump is measured from the front edge closest to the pit.

6.1.7. **A foul shall be declared**

- If any part of the competitor's take-off toe protrudes over the front line or side edge of the take-off area.
- After completing a jump the athlete walks back through the pit.
- If in the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- If in running up to take-off area a competitor passes the edge of the take-off area furthest from the landing pit, it shall be called a foul even if jump is not completed.
- If any type of somersaulting is used
- If the attempt is not completed within 1 minute
- In triple jump if a competitor lands in the pit on their hop or step.

6.1.8. **Method of Measurement**

- 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.
- 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.
- All U13 – U15 measurements are taken from the front of the white take-off area nearest to the pit, if the mark made in the landing area by any part of the body or limbs is not perpendicular to the edge of the take off board would the judge would extend the foul line and measure perpendicular to the mat
- Measurements are made to the nearest whole (1) one centimetre below.

6.1.9. **Triple jump Definition of a Jump:**

- Triple jump must be carried out in the following sequence : hop – step – jump.
- The Triple Jump consists of three distinct sections :
 - A Hop
where the competitor takes off and lands on the same foot.
 - A Step
where the competitor shall land on the other foot (to that used on the hop).
 - A Jump
where the competitor shall land on one or both feet in the pit

6.1.10. **Recommended take off points from pit (Guide only)**

Boys/ Girls	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
(Mtrs)	2.0	2.0	3.0	4.0	5.0	5.0	5.0	6.0	6.0	7.0

6.2. High Jump

6.2.1. Equipment

- 2 X uprights
- 1 X Cross Bar (circular)
- 1 X Steel or fibreglass measuring stick or tape
- Landing bags (should be a minimum of 600mm thick)
- 2 X Sand Bags
- 2 X Restraining Straps
- 1 X Red Flag
- 1 X White Flag

6.2.2. 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).

6.2.3. Run Up

- Allow competitors a practice run-up(s) to check their run-up.
- Athletes may not re-measure their run-up once the competition has begun.

6.2.4. Record Attempts

- At the high jump, the chief official is to call for either of the field referees (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.

6.2.5. 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' √'.

6.2.6. Starting Height

- Ensure that all athletes will clear at least one height, while encouraging the better high jumpers to start 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.

6.2.7. 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

6.2.8. Rules of competition

- At centre level the bar shall be raised by 5cm increments till there is one competitor left.
- At Centre, State and Regional meets the bar shall be raised by 5cm increments till there is one competitor left.
- Starting height is given, plus increments to be used during competition. (This varies according to number of competitors).
- Athletes may commence jumping at any height.
- Athletes may pass on any height or any jump.
- Only 2 Markers may be used on the run up as long as they are safe (ie flat) and they do not interfere with another athlete's run-up.
- Tape is the only markers that should be used on synthetic surfaces.
- A sighting marker may be tied to the bar but must be removed before the next competitor jumps.
- Each competitor is allowed three attempts at each height but is out of the competition after three consecutive failures are recorded regardless of height.
- Restraining straps are compulsory for high jump, excluding scissor jump. ref: (Bylaw CO22)
- At the high jump site the chief judge must stand so that he/she can see the front of the athlete as they scissor the bar, to determine whether it is a legal jump. For flop it does not matter.
- If a competitor leaves to compete in another event, after failing to jump at their first attempt, and then returns when the bar is at a new height they would only have two attempts left at the new height.
- 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.
- For clashes with other events ref; Bylaw CO 30

6.2.9. A foul will be recorded:

- If the athlete touches the landing area beyond the plane of the uprights without jumping. Note: the plane extends two metres either side of the uprights.
- If the athlete dislodges the bar.
- If the athlete takes off from two feet.
- If an athlete dives over the bar.
- After the (1) one minute time allowance or after 3 minutes if only one competitor remains.
- If a competitor, in jumping, touches but does not dislodge the cross bar, the judge should not pass the jump until he is satisfied that the bar will not fall from the uprights.

- If the bar does fall and the judge is satisfied that an outside influence such as a gust of wind did not cause the displacement, then it shall be recorded as a failure no matter what time has elapsed since the bar was touched.
- 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
- If a competitor touches the landing area with their foot as they take off this is only considered a foul if the judge deems that the athlete gained an advantage from their action.

6.2.10. Tie Breaking Rules

- The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- If the tie remains, the competitor with the lowest amount of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- If the tie still remains the competitors shall be awarded the same place in the competition.
- There will be no jump off

6.3. Scissor jump

- The chief judge shall stand in line with the uprights on the left hand or right hand side (correct side) judging the athlete as they approach front on, to ensure that athletes ankle/foot of the lead leg crosses the bar before the shoulder / head.
- Is compulsory for all Under 8 and Under 9 athletes.

6.4. State Championships

- Starting height for State Championships shall be 10cm under qualifying height.
- The bar shall be raised by 5cm increments until there is three competitors left. And then by 2cm increments until there is one competitors, then the final competitor may nominate the height.

7. Track

7.1. Competition

- Track takes precedence over field.
- The competitor will be allowed to leave the field event when called to a track event.
- When the competitor returns to the field event, if the event is completed, then the competitor has no further part in the event. Any recorded trial prior to leaving is judged in the event.
- 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.
- Wear appropriate clothing - eg. Avoid sunburn and coldness, to aid concentration, personal comfort eg. provide a chair or cushion as required.
- 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.

7.2. Starting blocks

- Under 12 – Under 15 athletes only are permitted to use starting blocks.
- Starting blocks will be supplied by the TLAA at TLAA conducted events.

7.3. Spikes

- Spikes are subject to ground rules, ref; local council /ground track hire guidelines
- U6 to U11 competitors are not permitted to wear spikes, shoes capable of taking spikes will be classed as “spikes” even if the spikes have been removed and replaced with blanks. If the spikes have been removed, but not replaced, then they shall still be classed as “spikes”,
- Spikes are permitted for Under 12 to Under 15 athletes in laned events to a maximum of 7mm, unless otherwise stipulated by the Arena Manager.
- In relays, only Under 12 – Under 15 athletes are permitted to wear spikes. If in any composite relay the team is made up of Under 11 or younger athletes, no athletes including the Under 12 to Under 15 athletes in that team, are permitted to wear spikes.
- On synthetic tracks if spikes are worn starting blocks must be used.

7.4. Lanes & Lines

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

7.5. Relays

- Each take-over zone shall be 20m long of which the scratch line the centre. 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 first take-over zones for the 4x400m (or the second zones for the 4x200m) are the same as the start lines for the 800m.

- The take-over zones for the second and last take-overs (4x400m) will be the 10m lines either side of the start/finish line.
- The arc across the track at the entry to the back straight showing the positions at which the second stage athletes (4x400m) and third stage athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the 800m event.
- 4x100m and, where possible, 4x200m relay races, shall be run entirely in lanes.
- In 4x200m (if this event is not run entirely in lanes) and 4x400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.
- In the 4x200m and 4x400m relay races, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.
- In relay races of 4x100m and 4x200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see paragraph 2 above). A distinctive mark shall be made in each lane to denote this extended limit.
- In the 4x400m relay race, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.
- The 2nd athletes in each team shall run in lanes as far as the nearer edge of the break line marked after the first bend where athletes may leave their respective lanes. The break line shall be an arced line, 5cm wide, across the track, marked at each end by a flag at least 1.50m high, positioned outside the track, 30cm from the nearest lane line,
- Note: To assist athletes identify the break line small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the break line and the lane lines, may be placed on the lane lines immediately before the intersection of the lane lines and the break line.
- The athletes in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.
- 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 start list (inside to out).
- In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4x200m and 4x400m, waiting athletes shall maintain the order in accordance with paragraph 8.10.18.
- 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 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 may make a check-mark within his 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.
- The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton.
- If dropped, it shall be recovered by the athlete who dropped it. They may leave their lane to retrieve the baton provided that, by doing so, they do not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.

- In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. In relation to the take-over zone, it is only the position of the baton which is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.
- Athletes, before receiving and/or after handing over the baton, should keep in their lanes until the course is clear to avoid obstruction to other athletes.
- If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
- Assistance by pushing or by any other method shall result in disqualification.
- Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may be made only from the list of athletes already entered for the competition whether for that or any other event. Once an athlete, who has started in a previous round, has been replaced by a substitute, they may not return to the team. If a team does not follow this Rule, it shall be disqualified.

7.6. Hurdles

- Athletes will be disqualified for the following;
 - Trailing their foot or leg alongside any hurdle or over a hurdle in an adjoining lane.
 - Deliberately knock down a hurdle with hand or foot.
 - Striking an adjacent competitor through uncontrolled arm action.
 - Deliberately avoids jumping a hurdle.
- Hurdles should be arranged with 20mm spacing between adjacent lanes / hurdles.

7.7. Hurdles Heights

60 – 100 Metre Hurdles

Age Group	Distance (Mts)	Heights (cm)	Lead In (Mts)	Distance Between (Mts)	Lead Out (Mts)	Number of Hurdles
Under 6,7	60	20	12	7	13	6
Under 8	60	45	12	7	13	6
Under 9	60	52.5	12	7	13	6
Under 10,11	60	60	12	7	13	6
Under 12	60	68	12	7	13	6
Under 13	80	76	12	7	12	9
U14 Girls	80	76	12	7	12	9
U14 Boys U15 Girls	90	76	13	8	13	9
U 15 Boys	100	76	13	8.5	10.5	10

200 Metre Hurdles

Age Group	Distance (Mts)	Heights (cm)	Lead In (Mts)	Distance Between (Mts)	Lead Out (Mts)	Number of Hurdles
Under 13	200	76	20	35	40	5
Under 14	200	76	20	35	40	5
Under 15	200	76	20	35	40	5

7.8. Race Walking

- Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eyes) loss of contact occurs.
- The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.
- During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground:

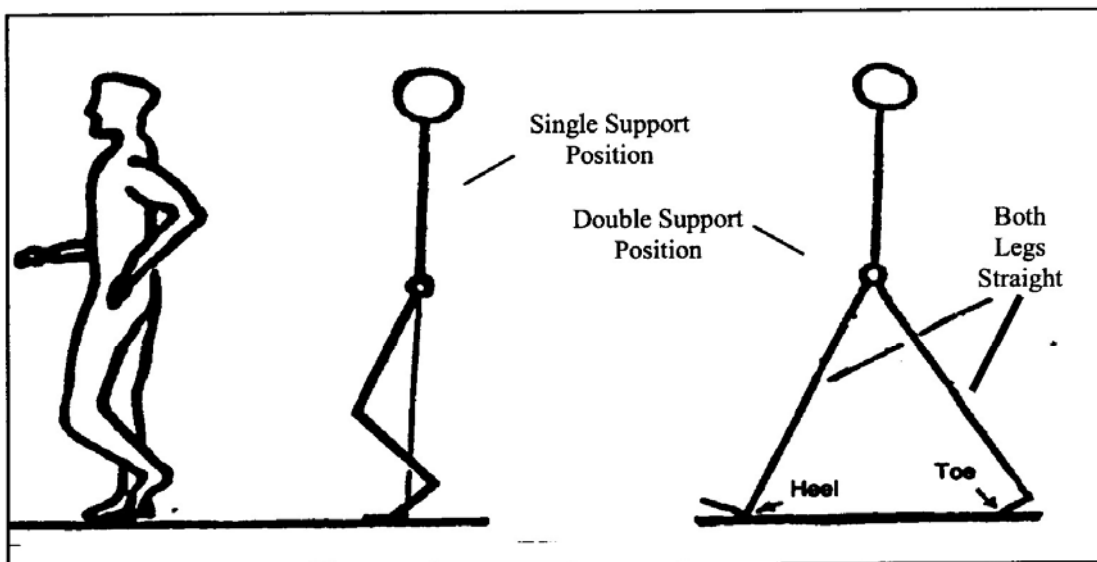


Diagram shows the foot of the supporting leg flat on the ground. The supporting leg vertically upright and not bent at the knee. THIS SATISFIES THE RULE.

7.8.1. Judging Position

- The Judges positions will be allocated by the chief Judge and will be positioned to over 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 take up 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.

7.8.2. Judging

- A Chief Judge shall be appointed.
- All the judges shall act in an individual capacity and their judgements shall be based on observations made by eye.
- There should be six judges including the Chief Judge.
- The Chief Walks Judge has the power to disqualify, in the last lap, any athlete who runs or deliberately breaks the rules to improve their position.
- As a parent or coach you may be a walks judge if you identify that you are a parent or coach of an athlete in that event and gain consent from the chief walks judge
- Walks Judges are not responsible for detecting deliberate impedance or interference during an event this is the responsibility of the track umpires.
- The chief judge shall appoint the positions of the other judges and explain the rules.

7.8.3. Cautions

- Competitors shall be cautioned when, by their mode of progression, they are in danger of failing to comply with the rules of race walking.
- They are not entitled to a second caution from the same judge for the same offence.
- Having cautioned a competitor, the judge shall inform the Chief Judge of his action after the competition.
- Cautions have no bearing or influence on disqualifications

7.8.4. Warnings and Disqualifications

- Each judge's proposal for disqualification is called a warning.
- When, in the opinion of three judges, a competitor's mode of progression fails to comply with the race walking rules for loss of contact or bent knee during any part of the competition, the competitor having received three (3) warnings (from three separate judges) shall be disqualified and informed of this disqualification by the Chief Judge.
- It is impractical to inform competitors of disqualification during the race, any disqualification shall be given after the race.
- A warning for disqualification is to be given by a Judge to a competitor orally at the time of infringement by addressing that competitor by their number, using the word "warning", stating the offence and displaying the yellow sign with the appropriate symbol for the offence.
- A warning is to be recorded on a judging card and forwarded to the Chief Judge at the completion of the race.

7.8.5. Distances

Boys & Girls	U7	U8	U9	U10	U11	U12	U13	U14	U15
700 Mts			X						
1100 Mts				X	X				
1500 Mts						X	X	X	X

7.9. Time keeping

7.9.1. 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 of the track at least five (5) metres.
- 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.

7.9.2. 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.

7.9.3. 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.

7.10. Time Keeping

7.10.1. 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 TLAA Rules of Competition.

7.10.2. 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.

7.11. Judge

7.11.1. Function

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

7.11.2. Definitions

- Start
At first sign of smoke from the Starter's gun.
- Finish
When any part of the runner's torso crosses the plane of nearer edge 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.
- Note: Equal times do not necessarily indicate a dead heat.

7.11.3. 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.

7.11.4. **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.

7.12. **Duties of a 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.

7.13. Starters

7.13.1. Responsibility

- The Starter has entire control 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

7.13.2. 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)

7.13.3. **Starting Guidelines**

- Athletes should be instructed stand 3 metres behind the starting line.
- When selecting a position for starting, two main points must be kept in mind.
 - To stand well away from the athletes on the infield.
 - To see all the athletes in the narrowest possible angle of vision
- By standing well back he 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'.
- In the classic crouch start, the only part of the body that is permitted to be over the start line is the head,

7.13.4. **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
- To allow the starter time in which to be sure all movement has ceased.
- 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.

7.13.5. **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.
- Walking events and running events of 800 metres
- For walking events and running events of 800 metres or further, the starting is 'ON YOUR MARKS' and when the competitors are steady, the gun is fired to start the event.

7.13.6. **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, the guns changing hands between each event.
- 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.

7.13.7. **False Start**

- In sprints if a competitor leaves his mark with hand or foot after the word 'set' and before the report of the gun, it shall be considered a false start.
- In distance events if a competitor leaves his mark with foot after the word 'on your mark' and before the report of the gun, it shall be considered a false start.
- If one or more athletes gain an unfair advantage by starting before or with the gun, a second shot is fired to recall the competitors to be started again.
- The offending athlete or athletes should be warned by the Starter or the Starter's Assistant.
- A second false start by the same person will incur disqualification from the event.
- In all relay heats and finals 3 breaks will apply before disqualification.
- An orange coloured flag indicates a false start, a red coloured flag indicates disqualification.

7.14. **Race Marshall**

- The race marshal must assemble the competitors into their respective races, and place them in their correct lanes or stations.
- The race marshals 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.
- The Assistant shall check that the competitors are competing in the correct heat or race.
- 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 Marksmen shall assemble the competitors again.

- They shall be responsible for the readiness of batons for the first runners in a relay race.

7.14.1. 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 Marshals must ensure that they have the relevant grading sheets to enable children of comparable ability to run in the same heat.

7.15. 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 marksmen should await the instructions of the Starter as to who has offended, and then make sure the athlete understands that he has received a warning. .

7.16. 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:
 - Exclude or disqualify athletes for improper conduct.
 - Order re-runs excluding disqualified athletes (if deemed necessary).
 - Include in the final, competitors effected by an act in a heat, if a lane is available.
 - In conjunction with the Arena Manager, to change the place of competition or delay races if it is considered dangerous.
 - Determine positions in a race when the Chief Judge is unable to reach a decision.
 - 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, if the action was unintentional he may disqualify that competitor if the referee believes the competitor gained a material advantage.
- The track referee has the responsibility of placing track umpire to cover the whole course

7.17. 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:
 - a vigorous arm action or impeding other competitors
 - An athlete moving in or out to prevent another from overtaking.
 - 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 take over zones in relay races.