

CLINIC FOR PACIFIC USA TRACK & FIELD OFFICIALS[©]



PRESENTED BY

**PACIFIC ASSOCIATION
USA TRACK & FIELD**

PRICE \$15

WRITTEN & EDITED BY GEORGE KLEEMAN

UPDATED FOR 2007 RULE CHANGES

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INTRODUCTION TO TRACK AND FIELD

INTRODUCTION

This handbook on Track and Field Officiating is an attempt to put the rules of officiating into clearer terms than the rulebooks by comparing the different books and point out similarities and differences. It is copyrighted and the property of the Pacific Association of USA Track & Field, Inc. Reproduction for personal use only is authorized. If you need to use it for clinics of your own or multiple copies please obtain permission of the editor and author George Kleeman. An attempt is made to keep it up to date each year with the rule changes made by each governing body. However, an official should always read the applicable rulebook before each meet to make sure he or she understands the small difference between the rules of each ruling body. The rulebook is the authoritative source. This handbook merely attempts to interpret the rulebooks in the manner in which the rules were intended. Generally the author has confirmed the interpretations given with members of the appropriate rules committees. This handbook is dedicated to all those officials that give of their time and talent each week to support the sport we all love. Other information can be gotten from the Pacific Association website at <http://www.pausatf.org>.

OFFICIATING

So you want to be a track and field official! There are several hundred track and field competitions in Northern California and Northern Nevada each spring and summer, and that doesn't count the high school programs. A well-run track meet takes about 50-60 officials. Unfortunately you will rarely see that many at a meet. We do it with less but the meet suffers. In addition there are hundreds of road races, cross-country meets and about 25-30 race walk competitions. Although these take fewer officials each has its own rules and demands. We will attempt to introduce you to all these types of officiating.

The need is at all levels and in all disciplines, Youth, High School, Junior College, College, Open, IAAF and Masters. We have participants as young as 5 or 6 to over 90. They range from recreational and club athletes to serious world class and Olympic stars. We have a lot of the latter among the 5000 plus athletes who are members of the Pacific Association. On the other hand, there are many more participants in events we officiate at than there are members. We are working to improve that and hope your work, as an official will give them an incentive to join USATF.

WE NEED YOUR HELP!

WHERE TO START?

Come to the All Corners Meets at Cal, or Los Gatos High School in January and February each year or to summer meets at Los Gatos High School... Attend a clinic like this one. Get and read the rulebooks for the level and area that you want to officiate. Go down to your local high school or junior college, and volunteer to help. They are always in need of officials.

WHAT IS USA Track & Field?

USA Track & Field (USATF) is the national governing body for the sport of Athletics in the United States. Athletics includes the sports of Track and Field, Race Walking and Long Distance Running including Cross-Country and Road Racing. It is responsible for local, national, and international competitions and is the US representative to the IAAF, International Association of Athletic Federations that governs international competitions including the athletic portion of the Olympic Games and the World Championships. USA Track & Field is made up of 57 associations, which are the local working groups. In California there are 4 associations. On the north from the Oregon Border to just north of Fresno and just south of San Luis Obispo on the coast and east to Winnemucca is the Pacific Association. In the valley from Fresno to Bakersfield is the Central California Association. Then along the coast from south of San Luis Obispo to just south

of Los Angeles is the Southern California Association and finally in and around San Diego is the San Diego-Imperial Association. Each has its own governing board and its own organization and programs.

WHAT DO YOU NEED TO BE A TRACK AND FIELD OFFICIAL?

- ◆ Desire.
- ◆ Common sense and tact.
- ◆ Willingness to work long hours for very little.
- ◆ Love of the sport of Athletics.
- ◆ A high level of concentration.
- ◆ Ability to read, understand and interpret the rules.
- ◆ Quick reactions.
- ◆ An assertive but not abrasive manner.
- ◆ Leadership.
- ◆ Understanding of the needs of the athletes.
- ◆ Time to officiate.
- ◆ Be courteously but firm in enforcing the rules.
- ◆ Ensuring the safety of the competition.
- ◆ Go down to your local high school, junior college or college and volunteer to help. You will be welcome!

PURPOSE OF OFFICIALS:

- * To help athletes get their best performance in a safe and equitable competition.
- * To be seen but not heard.
- * To know and apply rules fairly and in an unbiased manner for all, so no one has either an advantage or a disadvantage. Rules are intended to help i.e. solve rather than cause problems.
- * To explain rules clearly and use common sense and tact in applying them.
- * To make decision in the spirit of fair play in situations not covered directly by the rules
- * To maintain a safe competition for athletes, officials and fans both during warm-ups and the competition.
- * The needs of the athletes must be considered first but you need to be in charge.
- * Not to coach.
- * Not to socialize during the competition with athletes, coaches or other officials.

CODE OF ETHICS FOR OFFICIALS:

- Be professional, positive, calm, in charge, and diplomatic.
- Be punctual and honor your commitments and assignments.
- Keep the safety of the athletes, officials and spectators in the forefront at all times.
- Approach your assignment as a means to ensure a fair competition for all athletes. Know the rules for the events that you are officiating and apply all rules objectively and courteously.
- Cooperate with Meet Management
- Come prepared with your own officiating materials and tools: rulebooks, lunch, drinks and rain gear.
- Dress appropriately; be aware of the uniform of the day.
- Approach each of your meets as if it were the most important meet of the year – for the athlete(s) it may be.
- Start on time and keep things moving without rushing.
- Never yell at, hamper, embarrass or berate a fellow official, an athlete or a spectator. Do ignore spectators or coaches critical comments.

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- Do not smoke, drink alcoholic beverages, chew tobacco or use drugs while officiating.
- Do not use your cell phone or other electronic devices for personal purposes while officiating.
- Do not expect personal compensation.

The Pacific Association uniform is generally consistent with the National uniform.

○ The Outdoor uniform is consistent with the National Summer Uniform and consists of a khaki pants/skirt/shorts, white shirt/blouse, white socks and white shoes. The red/white/blue national polo shirt should be reserved for the national championship meet.

○ Your hat, which is part of the uniform, is not an advertising implement for pin collectors. It should only contain your officials' certification pin.

○ Please wear your USATF uniform at all invitational meets, regardless of the level. It is not appropriate to wear any other uniform than our association's uniform. There is only one exception; the organizing committee of a major meet may request you to wear a uniform they issue (i.e....a polo shirt and/or hat they supply).

- ~~Be professional, positive, calm, in charge, and diplomatic.~~
- ~~Be punctual and honor your commitments and assignments.~~
- ~~Keep the safety of the athletes, officials and spectators in the forefront at all times.~~
- ~~Approach your assignment as a means to ensure a fair competition for all athletes. Know the rules for the events that you are officiating and apply all rules objectively and courteously.~~
- ~~Cooperate with Meet Management~~
- ~~Come prepared with your own officiating materials and tools: rulebooks, lunch, drinks and rain gear.~~
- ~~Dress appropriately; be aware of the uniform of the day.~~
- ~~Approach each of your meets as if it were the most important meet of the year — for the athlete(s) it may be.~~
- ~~Start on time and keep things moving without rushing.~~
- ~~Never yell at, hamper, embarrass or berate a fellow official, an athlete or a spectator. Do ignore spectators or coaches critical comments.~~
- ~~Do not smoke, drink alcoholic beverages, chew tobacco or use drugs while officiating~~
- ~~Do not use your cell phone or other electronic devices for personal purposes while officiating.~~
- ~~Do not expect personal compensation.~~

Finally treat each competition as if it was your Olympics.

TYPES OF COMPETITIVE OFFICIALS

Starter	Finish Line	Umpires	Marshals
Competition Secretary	Clerk of Course	Clerk of Horizontal Jumps	Vertical Jumps
Photo Evaluator	Throwing	Referee	Lap Scorer
Wind Gauge	LDR Official	Race Walking	Technical Manager
Athletics for the Disabled	Inspector of Implements	FieldLynx Operator	LaserLynx Operator

LEVELS OF OFFICIALS

Membership as an Official in USATF indicates an individual's desire to apply the rules of the sport in a general officiating capacity. Being a certified official means that an individual is sanctioned by the local Association and the National Governing Body as being capable of officiating in any capacity when called upon at a competition. The level of responsibility assigned a particular individual in an officiating situation is reflected by the individual's

demonstrated expertise and level of certification in specific event categories, and by the competitive level of the event. In the Pacific Association we recognize five levels of officials.

A **Local Level USATF Official** is an individual who wishes to be associated with the organization and, on occasion, assists with officiating related functions. This level is intended to provide individuals with local Association organizational membership and benefits while promoting proper officiating practices and experiences. This level of official is not certified or registered with the National Committee.

An **Association Level Certified USATF Official** is an entry level position and is the first level of official Certification. This level requires no previous experience in officiating the sport and, as a result, allows limited responsibility. Supervision is generally required for all Association Level Officials. Association Level Officials are general officials with no areas of expertise. It is assumed that Association Level Officials will choose one or more specialty areas and obtain the necessary training, within a reasonable time period, to permit advancement to the next level.

A **National Level Certified USATF Official** is an individual who has clearly demonstrated officiating proficiency in one or more specialty areas and an overall desire to officiate. A National Level Official is fully prepared and trained to make officiating decisions without supervision in specific competitive areas in the sport, in addition to general officiating. The National Level of certification is awarded to an individual based on factors which include training, experience, measures of proficiency, activity level and peer evaluation. National Level certification is in a specialty area(s) within the sport and would be the normal level for most long-standing, generally active, certified officials.

A **Master Level Certified USATF Official** is an outstanding individual who is extraordinarily skilled in officiating specialized areas. This level is reserved for those who clearly assume leadership roles and usually demonstrate proficient abilities in a specialty area. Master Level certification is earned by individuals who have unquestioned officiating ability as a result of training and experience in one or more of the specific event areas listed in the USATF Rule Book. The Master Level Official demonstrates this ability in the training of others. Advancement to Master Level certification is not an automatic process, and is awarded only in specific areas of active involvement by the certified official.

An **Emeritus Level Certified USATF Official** is a retired official who wishes to continue their affiliation with the organization, but in a non-active status. Emeritus level officials are welcome at all functions and receive all general correspondence.

PACIFIC ASSOCIATION'S OFFICIALS UNIFORM

The Pacific Association uniform is generally consistent with the National uniform.

- The Outdoor uniform is consistent with the National Summer Uniform and consists of a khaki pants/skirt/shorts, white shirt/blouse, white socks and white shoes. The red/white/blue national polo shirt should be reserved for the national championship meet.
- Your hat, which is part of the uniform, is not an advertising implement for pin collectors. It should only contain your officials' certification pin.
- Please wear your USATF uniform at all invitational meets, regardless of the level. It is not appropriate to wear any other uniform than our association's uniform. **There is only one exception; the organizing committee of a major meet may request you to wear a uniform they issue (i.e....a polo shirt and/or hat they supply).**

Currently each association has its own hat. Most of the components of the uniform can be bought at most department stores. The hat can be purchased from Tom Mews of the Southern California Association, 72 W. Sierra Madre Blvd., Arcadia, CA 91006-1637, phone 626-355-9838 and fax 626-355-8408 for about \$15. There are other sources for extra uniform

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items such as windbreaker jackets, nametags, belts etc. You can order them on line from usatfofficials.com.

BENEFITS OF AN ATHLETIC OFFICIAL

- Long Hours
- A soggy sandwich and a lukewarm drink
- Sometimes a hat or a shirt
- If you're lucky, you get a thank you, which makes it all worthwhile.
- But remember you do have the best seat in the house to see the competition in your event and share in the joy of an athlete reaching a personal best performance.
- Well, it is free! Well, almost free.

HOW DO I JOIN?

The procedure for becoming nationally certified through the Pacific Association is outlined below. Certification, at any level, by the National Track & Field Officials Committee is for an Olympiad, a four year period. Membership in the Pacific Association-USATF as an Official is annual, and is required. The annual membership fee in the association is currently \$30 and is due between November and January each year. It helps defray the cost incurred for mailings, a track and field schedule, the bimonthly California Track and Running News, an officials newsletter, insurance, equipment purchases, limited uniform items, and includes any fees required by the National Officials Committee. Certification is a procedure available to any individual who registers with the PA-USATF as an Official and becomes recognized as completing various requirements in order to administer adequately the rules of the sport through an officiating capacity.

The National Track & Field Officials Committee has set guidelines and prepared materials used in the certification process. Each Association has full responsibility to establish and implement the procedure used for certification, for the members of the Association. The general requirements as set for each level by the Pacific Association are outlined in the following sections. The requirement objective for each level is designed to ensure that proper training, experience, proficiency and desire exist before that particular level of certification is granted to the individual. The Pacific Association Certification Committee may accept varying documentation or alternative procedure, based upon each individual's case, in order to satisfy the requirements within each level. The National Track & Field Officials Committee requires re-certification once each Olympiad. The procedure for re-certification at a level is also included in that section.

LOCAL LEVEL. To become a *Local Level* Track and Field Official you must complete the following steps. This level does not provide certification within the National Officials Committee.

For your initial membership submit to the Association Certification Chairman:

- A Pacific Association - USA Track & Field membership form filled out with official as one of the membership categories and the annual membership fee of \$30. The association pays your national initiation fee

Renewal each year:

- Pacific Association - USA Track & Field membership form filled out with official as one of the membership categories and the annual membership fee of \$30.

Renewal each Olympiad:

- An updated USA Track & Field *Application for Official Membership / Certification* form with your experience during the last Olympiad.
- Pacific Association - USA Track & Field membership form filled out with official as one of the membership categories and the annual membership fee of \$30.

ASSOCIATION LEVEL. To become an *Association Level* Certified USA Track & Field Official you must complete the following steps. This level is the first level of National Certification.

For initial certification submit to the Association Certification Chairman each of the following:

- A USA Track & Field *Application for Official Membership / Certification* form;
 - Pacific Association - USA Track & Field membership form filled out with official as one of the membership categories and the annual membership fee of \$30.
 - A digital photo, 1" x 1", with your name in the file title.;
 - A resume indicating officiating responsibilities and activities, if any for the last two years;
 - A completed open book written exam on general Track & Field rules, compiled from the USATF, NCAA, and HS rule books, scoring 80% or better. This given in the last hour of the Introduction to Officiating Clinic or you can take on your own.
 - Complete a Pacific Association Introduction to Officiating' Training Clinic program within two years of your initial membership.
- #### Renewal each year:
- Pacific Association - USA Track & Field membership form and fee each year.
- #### Renewal each Olympiad:
- An updated USA Track & Field *Application for Official Membership / Certification* form each Olympiad;
 - Pacific Association - USA Track & Field membership form and membership fee;

- A resume which shows active involvement in each area that you request certification for this level once each Olympiad;
- A completed open book written exam on general Track & Field rules, compiled from the USATF, NCAA, and HS rule books, scoring 80% or better for Association Level Officials on your own or in a Recertification Clinic.

NATIONAL LEVEL. To become a *National Level* Certified USA Track & Field Official you must clearly demonstrate officiating proficiency and desire by completing the following information for your chosen area(s) of expertise. Alternative documentation and procedures, agreeable to the Association Certification Committee, may be used.

For initial upgrading to this level submit the following to the Association Certification Chairman:

- Be currently certified and paid up member at the Association level for at least two years before submitting your application for upgrade
- An up to date USA Track & Field *Application for Official Membership / Certification* form indicating the desired area(s) of officiating specialization at the National level;
- A resume indicating meets worked and your responsibilities in officiating at the Association level in an average of at least 5 meets per year in the area(s) of specialty desired in the following types of competition:
 - Meets under IAAF rules
 - Meets under USATF rules
 - Meets under NCAA rules
 - Meets under NFHS rules
 - Worked in at least once in three of the following five separate areas of officiating: finish line (photo evaluator, timer, judge, umpire), starting line (starter, recall starter, clerk), vertical jumps (high jump, pole vault), horizontal jumps (long jump, triple jump) and throws (hammer, discus, weight, shot, javelin).
- A completed open book written exam on rules in your area(s) of specialty, scoring 90% or better, each Olympiad.
- Complete a Pacific Association Head of Events Officials' Training Clinic within two years prior to submitting your application for National certification. (If not already completed, you will also need to take the Introduction to Officiating clinic.)
- Receive approval for this certification level from the Association Certification Chairman and the certification committee.

Renewal each year:

- Pacific Association - USA Track & Field membership form and fee each year;

Renewal each Olympiad:

- An updated USA Track & Field *Application for Official Membership / Certification* form.
- Pacific Association - USA Track & Field membership form and fee;

- USA Track & Field National Officials' Committee Certification form for the Olympiad;
- A resume indicating officiating responsibilities and active involvement in officiating in an average of at least 5 meets per year in the area(s) of specialty desired in the following types of competition:
 - Meets under IAAF rules
 - Meets under USATF rules
 - Meets under NCAA rules
 - Meets under NFHS rules
 - Worked in at least once in three of the following five separate areas of officiating: finish line (photo evaluator, timer, judge, umpire), starting line (starter, recall starter, clerk), vertical jumps (high jump, pole vault), horizontal jumps (long jump, triple jump) and throws (hammer, discus, weight, shot, javelin).
- A completed open book written exam on general Track & Field rules, compiled from the USATF, NCAA, and HS rule books, scoring 90% correct or better for National Level Officials on your own in a Recertification Clinic;
- A completed open book written exam on rules in your area(s) of specialty, scoring 90% or better, each Olympiad.

MASTER LEVEL. To be promoted to a *Master Level* Certified USA Track & Field official, the following items are considered significant by the Committee in helping them evaluate an official in preparing to award this level. Alternative documentation and procedure, agreeable to the Association Certification Committee, may be used.

For initial upgrading to this level submit to the Association Certification Chairman each of the following:

- An updated USA Track & Field *Application for Official Membership / Certification* form indicating the area(s) of officiating specialization at the Masters level;
- Pacific Association - USA Track & Field membership form and fee for the current year if not previously submitted;
- A resume indicating service as a National Level official for three year by listing the meets you worked and your officiating responsibilities in each. You must have averaged at least 5 meets per year in the area(s) of specialty desired in the following types of competitions:
 - Meets under IAAF rules
 - Meets under USATF rules
 - Meets under NCAA rules
 - Meets under NFHS rules
 - Worked in at least once in three of the following five separate areas of officiating: finish line (photo evaluator, timer, judge, umpire), starting line (starter, recall starter, clerk), vertical jumps (high jump, pole vault), horizontal jumps (long jump, triple jump) and throws (hammer, discus, weight, shot, javelin);
- A completed open book written exam on rules in your area(s) of specialty, scoring 90% or better, each Olympiad;
- Completed three short essay questions on track & field situations and/or philosophy;
- At least one letter of recommendation from a current Master Level Official indicating your ability as an expert official within the specific area(s) of officiating desired;
- Complete, or participate in, a Pacific Association Level 2 Officials' Training Clinic in the past five years;
- Receive approval for this level from a majority of the Association Certification Committee.

Renewal each year:

- Pacific Association - USA Track & Field membership form and fee each year;

Renewal each Olympiad:

- An updated USA Track & Field *Application for Official Membership / Certification* form.
- Pacific Association - USA Track & Field membership form ;
- USA Track & Field National Officials' Committee Certification fee for the Olympiad;
- A resume indicating officiating responsibilities and active involvement in officiating in the following types of competition for an average of at least 5 meets per year in the area(s) of specialty desired:

- Meets under IAAF rules
- Meets under USATF rules
- Meets under NCAA rules
- Meets under NFHS rules
- Worked in at least once in three of the following five separate areas of officiating: finish line (photo evaluator, timer, judge, umpire), starting line (starter, recall starter, clerk), vertical jumps (high jump, pole vault), horizontal jumps (long jump, triple jump) and throws (hammer, discus, weight, shot, javelin).
- A completed open book written exam on general Track & Field rules, compiled from the USATF, NCAA, and HS rule books, scoring 90% correct or better for Master Level Officials either on your own or in a Recertification Clinic;
- A completed open book written exam on rules in your area(s) of specialty, scoring 90% or better, each Olympiad..

EMERITUS LEVEL. This level may be requested by anyone who has been a Certified Official for at least ten years, and who wishes to continue their affiliation with the Pacific Association Officials Committee, but on a non-active status. Yearly dues are not required for this level.

Renewal:

Notify the Association Certification Chairman by January 1 each year that you want to maintain this status.

AREA CERTIFICATION COORDINATORS:

The coordinators are there to help you with certification information and problems. Please contact them as your first source of information for certification information.

North of Bay:	Dennis Boyle	530-547-5131
South Bay:	Lori Maynard	650-369-2801
Sacramento:	Dick Iwamiya	916-391-7760
San Francisco/East Bay:	Bruce Coleman	415-775-5450
Peninsula:	Sonny Maynard	650-369-2801
Reno :	John Bowen	775-359-1142

Certification Chair-Pacific Association

Jim Hume
1561-B Marina Court
San Mateo, CA 94403
(650) 571-5913
E mail: jimhume.certchair@sbcglobal.net

Officials Chair-Pacific Association

Bruce Colman
66 Rico Way
San Francisco, CA 94123-1219
(415) 775-5450
Email brucecolman@earthlink.net

ADDRESSES FOR RULE BOOKS

INTERNATIONAL COMPETITION:

IAAF International Association of Athletic Federations
17, rue Princesse Florestine
BP 359 - MC 98007 Monaco Cedex
Published every two years, the newest is 12/03. Cost is \$10 available from USA Track & Field also at a slightly higher cost.
Web Site: www.iaaf.org Rules at www.iaaf.org/iaaf Rules & Regulations

NATIONAL COMPETITION: (Rules for Junior Olympics, Youth, Masters Open and Handicapped Competition)

USA TRACK & FIELD Book Order Department
P.O. Box 120
Indianapolis, In. 46206
317-261-0500
Published every year at a cost of \$13, available in February and on USATF Web site at www.usatf.org/events/technique.htm as a PDF file in mid January.

COLLEGIATE/JUNIOR COLLEGE COMPETITION:

NCAA National Collegiate Athletic Association

P.O. Box 6222

Indianapolis, Indiana 42606-6222

317-917-6222

Published each year at a cost of \$8 available in December.

Web Site:

http://ncaa.sportgraphics.biz/index.asp?cmd=showproduct¶m_0=TF03¶m_1=6 for ordering information.

HIGH SCHOOL/JUNIOR HIGH COMPETITION:

NFHS National Federation of State High School Associations

NFHS Customer Service

P.O. Box 20606

Kansas City, MO 64195-0606

1-800-776-3462 Fax 1-816-891-2414

Three books are published at a cost of \$6.75 each. They are Track and Field Rulebook, Track and Field Officials Manual, and Track and Field Case Book. The rulebook and casebook are annual and the officials' book is biannual. The latest are Rules for 2007, Casebook for 2007, and Officials Manual for 2007 & 2008. These are available in October each year. Web site:

<http://www.nfhs.org/catalog-index.htm> for ordering information.

WORLD MASTERS ATHLETICS

On line rulebook. For Masters Athletics. The USATF Masters' rules conform to WMA rules normally.

<http://www.wava.org> for website.

OFFICIALS ORGANIZATIONS:

USA Track & Field Officials

Linda Melzer

National Officials Chair

253 Caswell Dr.

Gahanna, OH 43230

614-478-9111 (Home)

614-855-3137 (Fax)

WWW.usatfofficials.com

High School Officials Association

National Federation Interscholastic

Officials Association (NFIOA)

P.O. Box 690

Indianapolis, IN 46206

317-972-6900

Web site: www.nfhs.org

PACIFIC ASSOCIATION USATF Officials Training Chair PAUSATF

120 Ponderosa Court

Folsom, CA 95630

916-983-4715 (Office 10-2)

916-983-4624 (Fax)

Website: <http://www.pausatf.org>

Email pausatf@aol.com

george_kleeman@comcast.net

George Kleeman

5104 Alhambra Valley Road

Martinez, CA 94553-9773

925-229-2927 (Home)

925-229-2940 (Fax)

E mail

TRACK EVENTS OFFICIATING OVERVIEW

INTRODUCTION:

Competitions for the sport of track and field are generally divided between the outdoor and indoor seasons. The rules of these competitions vary only slightly, but there are significant differences between the facilities themselves. The American outdoor season usually begins in March and continues through July. The indoor season begins in late fall and concludes in the March. In this area we have a fairly limited indoor season at Reno, [Fresno](#), Seattle and Boise and start the outdoor season in January or February with All Comer meets at Cal, [Diablo Valley](#) and Los Gatos.

The composition of track facilities is restricted by very few rules. However, outdoor track records may be set only on a track which is not banked and which is composed of a substance on which normal running spikes can be used. Indoor running and walking records may be set on any type of surface provided it is indoors.

For outdoor records to be recognized, the record must be set on a track of which the radius of the outside lane used does not exceed 60 meters. Any records at a distance of 200 meters or longer must be established on a track, which does not exceed 440 yards in circumference, and the race must have started on some part of the circumference. The exception is the steeplechase event where the water jump is placed outside a normal 400 meter or 440 yard track. For indoor record purposes, indoor tracks of any type or surface measuring not more than 220 yards per lap are considered standard for indoor records. Normally track records can not be set in mixed competitions. Separate races are normally held for men and women but the high school rulebook does allow combined event if coaches agree and the referee deems it necessary because of time or weather constraints.

While there are differences between the track events held for male, female, master and youth athletes, generally the track events for which individual national USA Track & Field/USA records are recognized are:

OUTDOOR	INDOOR	
100 meters	1 mile	5,000 meters
200 meters	50 meters	50 meter hurdles
400 meters	55 meters	55 meter hurdles
800 meters	60 meters	60 meter hurdles
1,000 meters	200 meters	
1,500 meters	300 meters	
2,000 meters	400 meters	
3,000 meters	500 meters	
5,000 meters	600 meters	
10,000 meters	800 meters	
110 meter hurdles	1,000 meters	
400 meter hurdles	1,500 meters	
3,000 meter steeplechase	2,000 meters	
1 mile	3,000 meters	

Racewalk events range in distance from 3,000 meters to 100,000 meters in outdoor competitions and from 3,000 to 10,000 meters in indoor meets.

In addition national records are recorded for the following relay events:

OUTDOOR	INDOOR
400 meters (4x100)	800 meters (4x200)
800 meters (4x200)	1,600 meters (4x400)
3,200 meters (4x800)	3,200 meters (4x800)
6,000 meters (4x1,500)	6,000 meters (4x1,500)
1,600 meters sprint medley	1,100 meter sprint medley
4,000 meters distance medley	4,000 meters distance medley
4,000 meters distance medley	
440 meters shuttle hurdles	

The officiating jobs on the track are the Clerk of the Course, the Competition Secretary, the umpire, the starter, and the finish line

made up of timers and finish line judges plus image finish officials. In some meets there may also be a finish line coordinator, marshals and a-Lap Scorers.

PROBLEM SOLVING AND AVOIDANCE:

One of the best ways to have a good meet is to avoid problems before they occur. The following are recommendations for all meets and all officials.

1. Start on time. This gives the athletes, coaches and other participants some confidence that the meet will be run properly.
2. Make crisp, clear and decisive decisions. Confusion is the fastest way to make people unhappy. Only one person is unhappy when a decision is made quickly. When there is confusion or decisions are not made or changed there will always be more than one person unhappy.
3. Know the rules and apply them properly.
4. Know the system. Know how to direct people to others for answers. Do not try to do someone else's job. If a decision can only be made by the referee then pass the problem along to the referee and do not decide or offer an opinion.
5. If you're the head of an event, monitor your help. Make sure that they know how and what they should be doing and occasionally checking on how they are do in their roles of judging, timing or measuring.

Each job will now be discussed. For more details see the USATF Training Monograph series on each discipline which are available on line at www.usatfofficials.com under the Training Chair.

THE CLERK OF THE COURSE:

The clerk of the Course is responsible in maintaining the track time schedule, gathering the athletes prior to competition, checking uniforms, giving out numbers and assigning lanes. The Clerk is also responsible for escorting and placing competitors on the track at the correct starting line, in correct lanes, and with adequate instruction for fair participation in the event. It is very important that a means of informing the announcer of changes or special needs be established to ensure that the Clerk can communicate with the proper athletes at the appropriate time. In some large meets the Clerk will be involved with both track and field events. Normally, however, the clerk is more concerned with the track events.

The Clerk of the Course, with the help of assistant clerks, shall be responsible for:

1. Maintaining the track time schedule;
2. Calling together, checking in and assigning each runner to the proper heat and lane assignment;
3. Being at the starting mark promptly with the runners before each race and place the athletes in their proper positions;
4. Giving needed instructions related to their event (including advancement procedures, method and number to score, type of stagger i.e., waterfall, one turn, two turn) before the start of each race;
5. Making adjustments in heat, lane assignments or the number of heat qualifiers with the approval of the referee when unusual conditions require a change; Note: With the new computer programs this is now often handled by the Competition Secretary since the results and the heat sheets all come together at the computer.
6. Providing the head finish line judge with an event sheet on which are listed all of the starting runners, their numbers and their lane assignments.
7. Familiarizing themselves with all starting and finish lines and exchange zone markings for this track.
8. Placing all team members in their proper positions on the track for all relays but especially in the sprint relays;
9. Distributing batons at the start for relay races as well as collecting them from the anchor runners;
10. Enforcing the use of competitors' numbers as prescribed by meet management;
11. Enforcing uniform, shoe and logo rules at time of check in, particularly in the relay races;
12. Coordinating call with the announcer;
13. Checking spike length;

14. Such duties as may be requested by the starter and the games committee.

To help with the flow of athletes the location for the Clerk needs to be carefully evaluated. Normally it should be away from the track so that it doesn't interfere with activities there. In a major meet it is useful to have it behind a fenced area near where the athletes normally enter the track. It needs to be large enough to handle the number of athletes you will be processing. It should be near the rest room facilities and the practice fields. Generally, it should be a restricted area for athletes only. Put up signs to get the athletes to the Clerk's area. Have time schedules posted in the area. It will save answering questions. Try to have the events numbered so you can call the athletes more easily and make sure you are getting the right athletes.

WHAT DO YOU DO?

1. When you find out you are going to be the clerk, get with the meet director or coach and go over the schedule, hopefully before the day of the meet. Make sure it is reasonable. For the short distance races, you should be able to run them on 5-minute intervals or faster if you have sufficient officials. For the mile you should plan on about 8 minutes and go up with about 4 plus minutes plus the normal time for the event.

2. Walk the track and determine where all the marks are. This should be done before the day of the meet, if possible. (There are standard colors for marks - see next page- but they are often not followed.) It is best to get with the coach and have him show you the markings if you have never been at this facility. Better yet put them down on paper and have them typed up so you can easily distribute them to the starters, your assistant clerks, and the umpires. At the same time review where the Clerk area will be set up. Check what will be supplied and what you will need to supply.

3. The day of the meet, arrive early. Put up signs showing where and how to get to the Clerks area. Post the schedule of events.

4. Next walk the track. Go over the marks with your assistants. Remove any tape on the track. If you are going to run the steeplechase make sure the pit is full. and set at the proper height.

5. Set up the rest of the Clerk's area. Have an area and at least one individual to check in the athletes. You will need someone to take them out to the starting area and line them up. In a bigger meet you will need someone to give instructions. Don't forget a runner to get changes to the finish line and the announcer. Good rapport with the announcer is essential. Talk to the announcer earlier so he knows what you need and you know what and when he will announce.

6. Have extra pins, numbers, schedules, heat sheets.

7. At the start of most major meets the athletes will have already been pre-registered with the games committee, received the preliminary schedule, and have general meet information. But at smaller meets the Clerk will end up supplying this information. When athletes arrive at the track facility, they or coaches should check-in and receive the final meet schedule and their race numbers and or entry packet. The Meet Director should provide the Clerk of the Course with the name and numbers (if used), of all competitors entered in running or walking events. In smaller events this information is gathered by the clerks themselves as the athletes assemble at the "clerking area". This area should be a restricted access area where the athletes are directed by the announcer for final check-in 15 minutes prior to running their event. Check in for bigger meets may need to be earlier; generally it is common to require check in a half an hour before the event. Work with the athletes to allow them warm-up time and field event time. Don't forget although you need to get your race organized and run on time, some athletes may have a need to be in field events or other activities at the same time.

8. The "Clerking Area" should be kept clear of coaches, spectators, and any athletes not involved in an upcoming event. The assistant clerks can help marshals with this important task, to insure the proper atmosphere for instruction and information gathering. The clerk should confirm the presence of each athlete in person and inform them of their heat and lane assignment, verify uniforms, spikes, and race numbers. This is also the time to inform the athletes of the method to be used to advance from preliminary heats into the finals, and the correct method of running the upcoming event. When you give instructions, go over all the information the

athlete will need to know. How many qualify to the next round? How do they qualify? When can they break or what are the exchange zones. Are they going to run in staggered lanes or out of boxes? What is the color of the starting markings for their race? How many heats? Are there any finish line procedures, should they return in their lane, or will finish position sticks be handed out? Where will the results be posted? Where do they pick up their awards? Who gets interviewed? Are there any drug testing procedures? As clerk, you are the one who informs the athlete of what is expected of him and what he needs to do. That means you need to know the answers yourself. Be prepared. Make a list before you see the Meet Director the first time.

9. When the athletes are escorted to the start line, the Clerk must allow time for the Starter's instructions, review of the commands, the adjustment of starting blocks and the positioning of all relay team members in the appropriate zones. If you have enough clerks you should use one to lead and one to follow the athletes out the their starting line or venue. The attached figure indicates the location of the various start lines relative to the finish line on a 400 meter track. Once the athletes are placed on the track the clerk must then report to the Referee and the Starter any changes in the number or position of competitors or heats resulting from absent athletes.

10. At this point the Clerk's job is finished for this race and starts the procedure or has started the procedure for the next race already. A clerk rarely gets to see a race run but is critical in getting it run on time and accurately.

DETERMINING LANE ASSIGNMENTS AND FORMING HEATS:

Either the Clerk or the Competition Secretary must apply the rules for forming heats and assigning lanes. These days it is often done by the Meet Management using a computer program. But it is important that a clerk understand the procedure as a check and in case they need to do a redraw. This is a three step process. First you assign athletes to heats using a performance list, then you assign athletes within a heat to lanes and finally you randomly draw for the order for the heat to be run.

Central to forming heats in step 1 is to weigh "place: first and "time" second.

The preliminary races are used to narrow the field of competitors for an orderly and fair final competition. See appropriate rule in each rulebook for details of forming heats since there are some differences particularly where athletes from the same team are in the same heat.

Generally contestants in the all will be assigned to heats via a performance list. The list varies with whether it is the first or subsequent round and the distance. There are basically three ways to develop the performance list. For the first round, athletes will be order by their seeding time to enter the competition if they submit one. If there no seeding times then it will be a totally random draw of all entries except in high school where the Games Committee will determine the method to be used. If there is a mix (some with times and some without), then those with times will be listed in order fastest to slowest and the remained placed by random draw. Lanes in the first round for races up to 400m including the 4x400 m relay will be assigned by lot in each heat. Generally members from the same team should be placed in different heats when ever possible in IAAF meet only. In that case the slower runner should be moved and replaced by the next eligible person on the performance list. In all other subsequent to rounds preliminary heats for these short races, athletes will be assigned to heats using a performance list in order in which their names are listed on the performance list based on the results of the preceding round. This performance list has those advancing on place followed by those advancing on time. Normally at least three athletes from each heat will advance on place. The athletes are listed in the order fastest to slowest for first place winners, followed by fastest to slowest second placers, followed by fastest to slowest third placers and finally by those qualifying on time in order by their qualifying time. They are assigned to heats by going down the list and working assigning them to the heats need for the next round alternately from left to right and right to left. For example if there are 5 first round heats being reduced to be three heats then the distribution would be

(assuming the numbers shown are their place on the performance list.) where 4 places and 4 best times qualify for the next round.

A	1	6	7	12	13	18	19	22
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	24

Where 1 is the fastest first, 5 is the fastest second place time, 11 is the fastest third place time, 16 is the fastest fourth place time and 21 is the fastest time qualifier. For an IAAF meet the heat assignments are then reviewed to see if more than one team member is present in each heat and adjusted if possible.

Lane assignments in the first round for all race including the final if it is the first round are drawn by lot using the lanes designated by the Games Committee in USATF and IAAF meets for events run entirely or partially in lanes when quarterfinals or semifinals are needed. In subsequent rounds for races run in lanes or partially in lanes there will be two random draws lanes. The first will be for the fastest four in each heat for the four top lanes usually 3-6 and the second draw for slowest 4 for the remaining lanes. For races not in lanes, the position on the track will be drawn from inside to outside by lot. Then there is a draw for the order in which heats will be run. In high school meets the top two runners get the preferred or middle lanes. The next two to the adjacent lanes etc. Normally this means 4-5,3-6,2-7,1-8. For races not in lanes NFHS rules allows assignment to preferred lanes if qualifying times otherwise it is by lot. In the NCAA for races in lanes or partially in lane, the same concept is used but the Games Committee defines the preferred lane and they are assigned accordingly. Where a race is not run in lanes or in the first round then lanes are assigned by lot unless it is a final and then the seeding times may be used to assign lanes. For specific details see each book.

For the longer distances events (800 or greater) the following table should be used in determining the heat size and final number of competitors assigned to each heat:

DISTANCE	NUMBER REPORTING	MAXIMUM NUMBER IN THE FINAL
800	13 (first round)	8
1,500	17	12
3,000 or 5,000 Men's	19	14
5,000 Women	21	16
10,000	25	20
		SECTIONS NOT MORE THAN 20

Seeding for these races is always from the original seeding list for entry into the meet modified only by any improvements achieved in previous rounds of the meet. I.e. best time of the meet. Assignment to heats is the same as previously discussed only the performance list is different. Assignment to lanes varies as listed above but is generally a random draw in most books.

The following procedures are used in forming heats and drawing for lanes in races up to and including the 800 meter run and in relays up to and including 4x400. Central to forming heats is to weigh "place, first and time" second. Each group of place winners is seeded as a unit by their times: first seeding winners, then second place runners, etc. If two runners from the same team fall within the same heat, the slower person should be moved to another heat. Lanes are drawn by lot in the first round. For all other rounds, two draws will be made. The first draw is for athletes with the four best times in each heat or race, in order to determine the assignments for lanes 3, 4, 5 and 6. The second draw is for athletes with the four slowest times of those qualifying in each heat or race. It is used to determine the assignments for lanes 1, 2, 7 and 8. Review the procedure in each book since each is slightly different. Most have detailed examples.

If the Games Committee in a USATF meet determines that there are too many competitors to run a single final, the event shall be contested in sections as a time-based final. In such events, sections shall be derived from the ranked list of declared athletes,

arranged in order of qualifying times. Each section, beginning with the fastest, shall be filled to its limit before placing anyone into the next section. If the last section has less than three competitors, the slowest ranked competitor(s) from the previous section, as needed, shall be moved to that section. Sections shall be contested in reverse order, slowest to fastest.

EQUIPMENT FOR THE CLERK:

- * Time Schedules and Order of Events.
- * List of entries, heats and lane assignments.
- * Extra event forms.
- * Numbers and hip numbers.
- * Whistle.
- * Megaphone or announcing system to call athletes and give instructions.
- * Spikes and spike wrench.
- * Magic Markers.
- * Scotch and adhesive tape.
- * Safety Pins.
- * Clock synchronized with official meet time.
- * Numbered tongue depressors for finish places.
- * Batons.
- * Balls or cards for drawing lanes by lot.
- * Guide cards of instructions on:
 - Track Markings and event details like:
 - Two Turn Stagger
 - Three Turn Stagger
 - 4x100 Relay Zone and Fly Zone
 - 4x400 Relay Zone
 - Uniform Requirements

STANDARD TRACK COLORS:

Synthetic Tracks (IAAF)			
White	All lane lines, all starts and 400 m staggered start, all curved starts, all finish lines.		
White w Green	800 m Staggered Start		
White w Blue	4x400 Staggered Start		
Green	Break Lines		
Light Blue	4x400 Relay Zones		
Yellow	4x100 Relay Zones		
Orange	4x100 Acceleration		
Other Hurdle Positions (if needed)			
Green	400 m Hurdle	Pink	70 m Hurdle
Blue	110 m Hurdle	Orange	75 m Hurdle
Yellow	100 m Hurdle	Black	80 m Hurdle
Red	Call up Lines	Purple	200 m Hurdle (Men)
		White	200 m Hurdle (Women)

COMPETITION SECRETARY (or SCORER in NCAA and HS):

As a result of the use of computer programs for seed and video computer systems for finish line results, it has now becoming common that some of the jobs previously handled by the clerks are now more appropriately and more easily handled by the Competition Secretary. The Competition Secretary at major meets now has responsibility for preparing all entrants and start lists, worksheets for use by other officials. The Competition Secretary will work closely with the Clerk of the Course and the Referee in the reforming of heats and the preparation of start lists for subsequent rounds of competition.

UMPIRE:

The task of the umpire is to make a report when any competitor appears to have gained an advantage, influenced over another athlete or when the appearance of a foul has occurred. No other officiating job requires as much concentration, stamina, and knowledge of track events as that of umpiring.

From the time the starter begins the race until the finish line personnel determine the results, the umpires become the subjective interpreters of the athlete's actions. Ever alert, the umpire must know the intent of the rules of competition and their appropriate application to the situations.

It is the duty of the umpire to observe the competition closely. But the umpire is not there to find fault or to call fouls but rather to insure a fair competition. In the case of a possible foul or rule violation by a competitor or other person, the umpire is to indicate this by raising a yellow flag. Don't wave it around. The umpire then writes down his observations and gives them to the Chief Umpire. The written report is useful for any activity, which could be later questioned or protested, even if no foul actually occurred. A white flag is used in NCAA and high school to indicate that no foul has occurred. The IAAF and USATF generally indicate only fouls.

Note that the umpire, even the Chief Umpire is merely an assistant to the Referee, to whom the Chief Umpire reports. As such, umpires do not have the power to disqualify or to render any final decisions. Only the Referee has that power.

UMPIRE COMMON SITUATIONS:

The umpire must be observant for a wide variety of possible fouls or infractions. This is an area where each rulebook has some slight differences so it is particularly important to go over the rules just before the meet to make sure you call the appropriate foul from the appropriate book. Some of the most common situations are:

Impeding or Jostling: Each competitor must stay in his or her respective position from start to finish in all straightway races. In races on tracks of one or more turns, the athlete must not cross in front until clear of the trailing runner. The rules require that any participant jostling, running across, or obstructing another competitor so as to impede his or her progress shall be liable to disqualification in that event. The high school rule is slightly different and requires a full stride (about 7 feet). This is the only rulebook to specify a distance, the rest specify interference with or without contact. Note generally more interference is allowed at higher levels of competition and on indoor tracks.

Running outside of lanes: In races which require athletes to remain in assigned lanes for all or portions of the event, the athlete may be disqualified if he or she is observed to have deliberately run outside the assigned lane and gained an advantage. Each rulebook has a slightly different definition for this foul particularly if it occurs on a straightway, or a curve. For the IAAF a material advantage must be gained, or another runner must be obstructed for disqualification (Rule 163). No particular number of steps is specified. In USA Track & Field running outside the lane to the right is a specified exception but is covered in the IAAF since no material advantage can be gained by running a longer distance (Rule 65.4 & .6). In the NCAA the athlete must step on or over the line with two consecutive steps of the left foot (Rule 5.5.2b). In high school it is over the line with three or more consecutive steps with either or both feet (Rule 5.11). In races with a break point small markers e.g. cones or flags, may be placed at the intersection of the lane lines and the cut-in points.

Hurdles: All competitors must clear, within their lane, the required number of hurdles. This must be done without running around the side, trailing the leg alongside below the level of the hurdle bar, intruding into another lane, deliberately knocking down a hurdle with the hand or impeding another hurdler. USATF now requires that in their meets that the hurdles will be the same width as the lanes they are being used in. In NCAA events it is a foul for a competitor to knock down a hurdle with his hand, even if it is not deliberate.

Relay Races: In relay races the baton must be passed within the 20 meter exchange zone as designated on the track, and the runner must remain within his or her lane, and not interfere with other team exchanges. The baton's position, not the body of either athlete, is the decisive point in determining if the exchange occurred within the zone. The baton must be carried by the hand, and if dropped must be recovered by the athlete who dropped it. The athlete may leave his lane to retrieve it but not interfere with another team. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is completely in the hand of the receiving runner only. In NCAA and High School there is an exception such that a baton dropped in the exchange zone

may be picked up by either runner. It may not be thrown. Also the runner must stay in his lane or on his path until clear after receiving the baton (Rules 5.8 & .9 in NCAA and Rule 5.9.7 and .8 in High School). In sprint relays; i.e., the incoming leg is 200 meters or less, the outgoing runner may use the international acceleration zone. In all cases the outgoing runner must be positioned within the zone or the acceleration zone. Competitors may not use gloves or place substances on their hands in order to get a better grip of the baton.

HURDLE SPACING

DON'T SURPRISE A HURDLER

Everyone loves a hurdle race and here is how you set up the hurdles so you do not surprise the hurdlers.

RACE METERS	AGE/DIVISION	NO. OF HURDLES IN RACE	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH
50	Women	4	33"	13.00 m	8.50 m	11.50 m
50	Men	4	42"	13.72 m	9.14 m	8.86 m
55	Women	5	33"	13.00 m	8.50 m	8.00 m
55	High School Boys	5	39"	13.72 m	9.14 m	4.72 m
55	Men	5	42"	13.72 m	9.14 m	4.72 m
60	Masters Women W60+/Masters Men M80+	5	27"	12.00 m	7.00 m	20.00 m
60	Masters Women W50-W55/Masters Men M70-M75	5	30"	12.00 m	7.00 m	20.00 m
60	Masters Women W40-W45	5	30"	12.00 m	8.00 m	16.00 m
60	Women/Masters Women W30-W35/Masters Men M60-M65	5	33"	13.00 m	8.50 m	13.00 m
60	Masters Men M50-M55	5	36"	13.00 m	8.50 m	13.00 m
60	Masters Men M30-M45	5	39"	13.72 m	9.14 m	9.72 m
60	Men	5	42"	13.72 m	9.14 m	9.72 m
75	High School Girls	7	30"	13.00 m	8.50 m	11.00 m
80	Master Women 60+/Master Men 80+	8	27"	12.00 m	7.00 m	19.00 m
80	Midget Girls & Boys	8	30"	12.00 m	7.50 m	15.50 m
80	Masters Women W50-W59/Master Men M70-M75	8	30"	12.00 m	7.00 m	19.00 m
80	Masters Women W40-W45	8	30"	12.00 m	8.00 m	12.00 m
100	Youth Girls	10	30"	13.00 m	8.00 m	15.00 m
100	Int. Girls/Young Women/Women/Youth Boys/ Masters Women W30-W35/ Master Men M60-M65/High School Girls	10	33"	13.00 m	8.50 m	10.50 m
100	Experimental Women USATF/ Masters Men M50-M55	10	36"	13.00 m	8.50 m	10.50 m
110	Intermediate Boys/Young Men/High School Boys/ Masters Men M30-M45	10	39"	13.72 m	9.14 m	14.02 m
110	Men	10	42"	13.72 m	9.14 m	14.02 m
200	Youth Boys & Youth Girls	5	30"	20.00 m	35.00 m	40.00 m
300	Masters Women 60+/Master Men 70+	7	27"	50.00 m	35.00 m	40.00 m
300	Masters Women W50-W55/Master Men M60-M65	7	30"	50.00 m	35.00 m	40.00 m
300	High School Girls	8	30"	45.00 m	35.00 m	10.00 m
300	High School Boys	8	36"	45.00 m	35.00 m	10.00 m
400	Intermediate Girls/Young Women/Women Masters Women W30-W45	10	30"	45.00 m	35.00 m	40.00 m
400	Masters Men M50-M55	10	33"	45.00 m	35.00 m	40.00 m
400	Intermediate Boys/Young Men/Men/ Masters Men M30-M45	10	36"	45.00 m	35.00 m	40.00 m

NOTE:

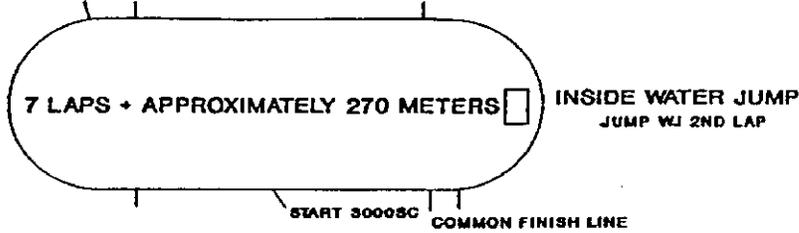
To find the Start and Finish line for a 200 Intermediate Hurdle and a 300 Intermediate Hurdle race when you know the 400 Intermediate Hurdle markings follow these directions:

- ❖ Start with the last hurdle in your race and count back the number of hurdles in the race +1
- ❖ Measure back 10 meters from the first hurdle minus the +1 hurdle
- ❖ Remove hurdle 1 minus the + 1 hurdle minus leaving the number of hurdles you want for the race in the first place and now have 45 meter to the first race hurdle.
- ❖ Measure from the last hurdle to the finish line and enjoy your race.

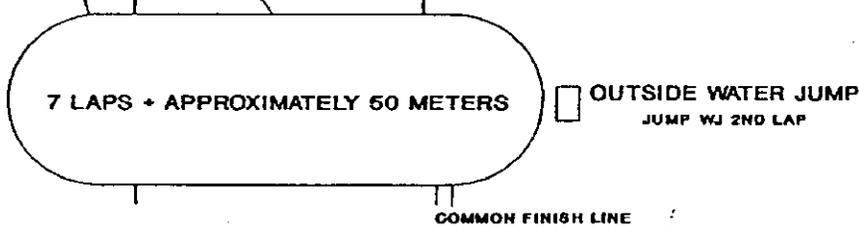
3000 METERS STEEPLECHASE START and FINISH LINES

1. WATER JUMP LOCATED AT SAME END AS COMMON FINISH LINE

1ST HURDLE JUMP FINISH 3000SC

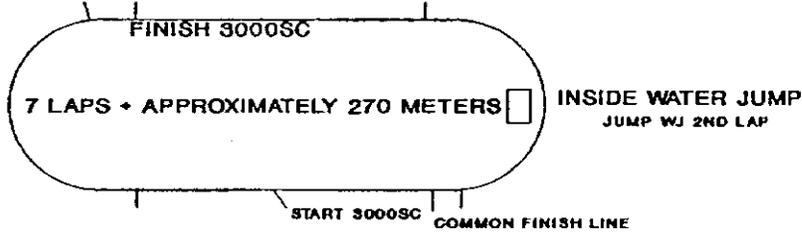


1ST HURDLE JUMP FINISH 3000SC
START 3000SC

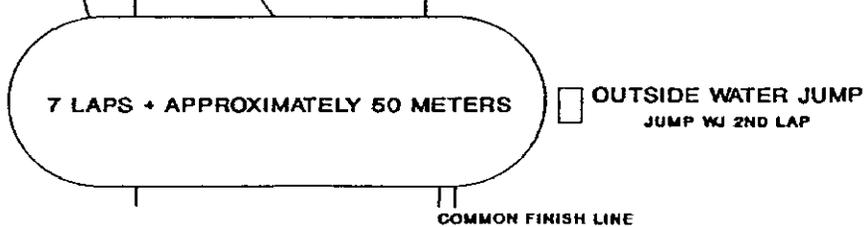


2. WATER JUMP LOCATED AT OPPOSITE END TO COMMON FINISH LINE

1ST HURDLE JUMP



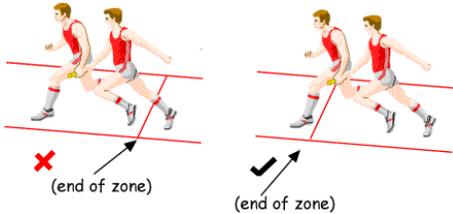
1ST HURDLE JUMP FINISH 3000SC
START 3000SC



LOCATION OF TRACK MARKS: (400 Meter Track)

Mark	<u>Entire Track</u>			<u>Last 110 Meters</u>	
	Distance (meters)			Distance (meters)	
	From	To		From	To
	Start	Finish		Start	Finish
Start /Finish/400/10000	0	400	400H-8/3rd X Zone Start/(Start 110)290	110	
4th X Zone End	10	390	Start 100/3rd X Zone Center	300	100
400H-1	45	355	110H-1	303.72	96.28
440H-2/4th Zone Fly-Start	80	320	3rd X Zone End	310	90
1st X Zone Start	90	310	110H-2	312.86	87.14
Start 300/1500/1st X Zone Center	100	300	100H-1	313	87
1st X Zone End	110	290	300H-6/Start 80	320	80
400H-3	110	285	100H-2	321.5	78.5
300H-1	145	255	110H-3	322	78
400H-4	150	250	400H-9	325	75
300H-2/2nd Zone Fly-Start	180	220	100H-3	330	70
400H-5	185	215	110H-4	331.14	68.86
2nd X Zone Start	190	210	80H-1	332	68
Start 200/3000/5000/2nd X Zone C	200	200	100H-4	338.5	61.5
2nd X Zone End	210	190	80H-2	339.5	60.5
300H-3	215	185	110H-5	340.28	59.72
400H-6	220	180	100H-5/80H-3	347	53
300H-4	250	150	110H-6	349.42	50.58
400H-7	255	145	80H-4	354.5	45.5
3rd Zone Fly Start	280	120	300H-7	355	45
300H-5	285	115	100H-6	355.5	44.5
400H-8 3rd X Zone Start	290	110	110H-7	358.56	41.44
Start 100/3rd X Zone Center	300	100	400H-10	360	40
3rd X Zone End	310	90	80H-5	362	38
300H-6	320	80	100H-7	364	36
400H-9	325	75	110H-8	367.70	32.30
300H-7	355	45	80H-6	369.5	30.5
400H-10	360	40	100H-8	372.5	27.5
4th Zone Fly Start	380	20	110H-9	376.84	23.16
300H-8/4th X Zone Start	390	10	80H-7	377	23
Finish/Start	400	0	4th Fly Start	380	20
			100H-9	381	19
			80H-8	384.5	15.5
			110H-10	385.98	14.02
			100H-10	389.5	10.5
			300H-8/Start 4th X Zone	390	10
			Finish/Start	400	0

Note: 200 m Staggers are 3.518 meters for lane 2 and 3.833 meters for remaining lanes. Use twice the figure for 400 meter staggers with 1.220m(48")lanes and 36.5 meter radius and 84.390 meter straight-aways. These, of course, vary with lane width and track layout.



Steeplechase: The competitor must go over or through the water obstacle and must go over or through the hurdle as in hurdle events, except that the competitor may vault or step on the hurdle. 3000 M is now the standard open distance for both men and women. However it is also contested at the 2000 M and 1500 M distances. The number of hurdles is basically 5 per lap except the first lap. See the USATF rulebook for layout of the shorter distances and the differences in heights for various age groups and sexes.

Race Walking: The umpire function is the same as in any track event. The Race Walking Judge, not the umpire, will judge the form and conformance of the walk to the rules, i.e. maintaining unbroken contact with the surface of the track and having the leg straight while passing under the body.

Assistance: Except for assistance officially authorized and provided, a competitor who receives any assistance as defined in the respective rulebooks from any person may be disqualified by the Referee. Intermediate times and preliminary winning times may be officially announced or displayed as long as they are available to all participants. Such times should not be communicated to the athletes by persons in the competition area without prior approval of the Referee. Assistance is different in each rulebook. For IAAF and USA Track & Field (Rules 144) sanctioned meets assistance is more generally defined as the conveying by any means, of advice, information or direct help and includes pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device. However, in USA Track & Field meets the use of a heart rate monitor or wrist chronometers are allowed. In the NCAA coaches or others may not give unofficial times/splits from the infield, at the start or finish lines or any other area designated by meet management. In general a coach, teammate, may not aid a competitor not in the race, or a non-competitor associated with the competitor's team, either directly or indirectly. It doesn't matter if they are on the infield or the track. If there are five or fewer teams in a NCAA meet, then a coach may confer with their athlete in the infield. This still does not allow individual splits to be called during the progress of the race. The high school rules are the most restrictive (Rule 4.5.9). The competitor can not be aided by a coach, teammate or anyone connected directly or indirectly with the competitor or team. Such aid includes running alongside a teammate, being stationed at a point near the track, including the starting area or located near any of the field events for the purpose of aiding or coaching a competitor after the event has started. This includes the competitor using an aid during the race. However, wearing a watch during an event is no longer considered aid. A coach may confer with a contestant between events as long as it is not in a restricted area.

REPORTING AN INFRACTION:

To report a possible rule infraction, which could result in a disqualification, the umpire must be able to clearly recall the circumstances surrounding the infraction to aid the Referee in his or her decision. For this reason, a written report of what was observed should always be prepared as soon as possible. The umpire should always:

1. Carry paper and pencil to record the information. A small notebook is often useful for this purpose.

2. Use the proper forms provided by the Chief Umpire.
3. Signal the Chief Umpire immediately by holding up a yellow flag at the spot of the infraction. A red flag is still used in High School.
4. Record name of the event, heat number, time of day, lane number, competitor(s) number(s), team affiliation, uniform colors, and a brief description of the possible violation.

The following form is an example of an Umpire Report. The umpire should make every effort to fill out the form as completely as possible, no matter how insignificant the possible foul may seem. The Chief Umpire should always come to gather the report form and discuss your observations. The Meet Referee has the final say, unless there is a Jury of Appeals, and may or may not disqualify based on the full appraisal of the complete situation. Don't get involved in a protest unless the Referee summons you to clarify the report. The Referee and not you disqualifies the athlete. Once you turn in a report put it out of your mind. Don't be offended if you call is not upheld. You may not know all the circumstances. It is your job to report what you see. Once the report is complete you have done your job. Let it go. If you can't, you will never be a good umpire.

Some general rules to remember when umpiring track events:

1. Competitors may be disqualified, but only by the Referee.
2. Competitors, who commit infractions, quite often hinder themselves as well as others.
3. Optimum locations for umpires are on curves and at the exit of relay zones unless there are enough to cover both incoming and outgoing sides of each zone.
4. The umpire's job begins the moment the race starts and ends when the finish line results are complete.
5. Another athlete does not have to be touched for a violation to occur.
6. Most relay fouls occur as the runners exit the exchange zone.
7. Carefully observe runners when they may be hidden behind obstacles or in the middle of packs.
8. KNOW THE INTENT OF THE RULES UNDER WHICH THE COMPETITION IS BEING HELD AND BE ALERT.

UMPIRE INFRACTION REPORT			
MEET:	DATE:	TIME:	
RACE:	HEAT:	MEN WOMEN(CIRCLE) DIV.:	
NAME:	LANE:	NUMBER:	
UNIFORM COLOR:	TEAM:		
LOCATION OF INFRACTION:			
TYPE OF INFRACTION:			
RULE:			
WHO IMPACTED:	LANE:	NUMBER:	
UNIFORM COLOR:	TEAM:		
UMPIRE'S NAME (PRINT):	SIGNATURE:		
HEAD UMPIRE'S COMMENTS:			
REFeree'S DECISION:			
REFeree'S SIGNATURE:			
Please complete immediately after the occurrence of an infraction and turn into the Head Umpire. Signal your intent to complete a form by raising a yellow flag when the infraction happens.			

The minimum recommended placement of umpires on an outdoor track is at least two at each corner of the track for a total of 8. For relay races umpires should be at least at the exit of each zone and preferably four for each zone, two at either side of the track at the entrance and exit of the zones. For hurdle races, at least one and preferably two umpires should be on either side of the track between each set of hurdles. This is particularly true of hurdle races longer than 110 meters. The NCAA has now specified that you can use only two pieces of tape, 2 inches or less in width to mark the track. The IAAF and USATF say you can use only one check mark in your lane of adhesive tape 5 cm

x 40 cm of distinctive color. The high school rules are silent on relay marks.

THE STARTER:

Once the athletes are taken out to the track and put in their lanes by the Clerk, the Starter takes over. The following quote is taken from "Starting and Timekeeping", by Aspland and Hathway: "A good Starter must be physically and mentally alert. He should approach the job as an athlete does a race, by making sure that he is completely fit. He must have naturally quick reactions and good eyesight. He should be capable of good command, with a good clear speaking voice, and a dominant, though not overbearing personality. Self-confidence, quiet determination and patience are often called upon to meet with difficult situations that sooner or later, will arise. The Starter who panics is lost. There is no one to appeal to when difficult decision have to be made, in what is possibly the loneliest job in the athletics arena. Such decision must be made instantaneously."

The task of the starter and the recall starter(s) is to make sure that no unfair advantage is given to any runner leaving the start line. For this reason, the starter has complete control of the competitors at the start line. The Starter is sole judge as to whether any competitor has left the start mark early or in any advantaged or disadvantaged position and a starters decision may not be appealed except in the IAAF or in USATF if automatic starting blocks are used. The starter must also review with the competitors the start commands prior to each race. The starter normally raises the gun over his head about when the athletes are called up.

Races up to 440 yards:

Starting blocks must be used for all races up to and including 440 yards and the leadoff leg of relays where that leg does not exceed 440 yards. They must not be used for any other race in events run under USATF and IAAF rules and is inferred in the NCAA rules. The Masters and Youth both have exceptions to the use of blocks. (See Rule 302.2.(c) and 332.2.(c) The start commands for races up to and including the 440 yard run are: "on your marks", --- competitors place themselves at their start marks ready to take the final set position in the starting blocks, wait until all are motionless, if necessary call them back up, "set" --- the competitor must without delay come to the final start position, both hands must be in contact with the track surface, once the runners are steady the "pistol is fired" and competitors leave their marks. It is no longer a requirement in that both feet must touch the track when in blocks. An electronic tone may now be used in place of a pistol.

The starter must keep in mind that the hands or feet of a competitor may be located up to but not touching the starting line. The recall starters share in the starter's responsibility to ensure a fair start. Under IAAF and IAAF rules no penalty shall be imposed for the first false start, but the starter shall disqualify the offender or offenders on a second false start. It need not be the same runner who had the first false start. However, for high school and the NCAA a runner is disqualified for the first false start. Note in all cases combined-events allow one false start with disqualification on the second one by the same individual. There are no high school rules.

Races over 440 yards:

The starting commands are "On Your Marks" and the "pistol is fired".

Races up to 110 meter hurdles:

The starter should stand slightly in front of the extension of the starting line so that all runners can be seen.

Only the high school book calls for the starter to move the hand without the gun. The general rule is when you call the athletes to the line raise the gun over your head. In high school just before you call them to the set position, you raise your free arm over your head. On the other hand is then raised just before the set command is given. High school also recommends the use of whistle commands for large fields.

EQUIPMENT FOR THE STARTER:

Pistol (32 caliber or larger)	Sound System
Distinctive Color Hat,	Automatic System Starter
Sleeve or Jacket	
Whistle	Extra Black Powder Shells
Ladder	Spare Gun
Flash Board	Sound System

PRE MEET DUTIES:

1. Inspect and test guns and FAT equipment link.
2. Inspect various starting lines.
3. Confer with announcer to see about introductions, calls, and time schedule
4. Confer with head of finish line to coordinate starting procedure
5. Confer with clerk about pre race instructions to avoid duplication
6. Meet with assistant starters and discuss procedures.

PRE RACE DUTIES:

1. Check gun and get FAT connection.
2. Clear starting area so can control starting area so competitors focus on race.
3. Give final instructions. Be Brief. For example: "Runners (Walkers) do not delay in responding to my commands. At the command "ON YOUR MARKS, I will give you reasonable time to assume a comfortable, stationary position. When the command "SET" is given, I will expect you to promptly come to your final position and remain motionless until the gun is fired. If for some reason this does not happen in a reasonable amount of time I will call you up and restart the sequence. Are there any questions?"
4. Next signal the finish line that you are ready to start.
5. When the finish line has confirmed they are ready then ask competitors to remove their warm-ups.
6. Take your position. In a race over 400m remind runners of possibility of recall in first 100 m.

THE FINISH SYSTEM (FINISH JUDGES & TIMERS):

The suspense and drama of track competition are often focused on the activities at the finish line. Here the effective coordination of the various skills and abilities of the finish officials become evident. Officials who assign times to each competitor compliment officials who determine the correct finish order. These tasks are supervised by the Chief Finish Judge who makes the final decision as to the places of each race. In executing these tasks, it is important that each official remains alert, maintain a cool head and don't get flustered, even in the hundred meters with a blanket finish. You must concentrate and ignore any distractions such as crowd noise, announcements, other events or competitors falling before reaching the line or getting in your line of sight. The officials determining order of finish are called Finish Judges or pickers. With exception of the multievents these judges are assigned by the Chief Finish Judge to pick as specific finish place and not by lane. The place is always more critical than the time since it is normally the basis for advancement to the next round. It is important that the most experience people are used for the middle places since the first two and the last two positions are the easier to pick, i.e. there is no interference.

When an approved photographic/image device is used to record the finish, the picture/image must be referred to a Photo or Image Finish Panel for review. When the photographic/image device is also equipped with an approved fully automatic electrical timing device, the photo/ image should serve as the official time and place for that event. However, should the referee determine that the equipment is not operating properly, then the hand times shall be official. The new computer enhanced systems have greatly improved the finish line determinations and reduced the need for finish line officials. But they do have problems so limited finish line officials are still needed.

Two methods of timing are considered official, hand timing and fully automatic timing (FAT). A timing device which operates automatically at only the start or finish is not acceptable for

producing official times. Hand times are taken by using either stopwatches or manually operated electronic devices with digital readouts.

At every meet an official is to be designated as Chief Timer. This official must supervise the recording of all times, immediately check that any record performances are recorded correctly, and maintain the orderly assignment of accurate times to each competitor. The officials recording times are called timers.

In many meets an official may act as both timer and a picker because of the limited number of officials available. When possible it should be done separately but picker and timer should confer and see who each picked. When there is a difference in opinion the finish judge takes precedence. Likewise the higher place official takes precedence over a lower place. If you have to do both, concentrate on the judging. Just stop the watch and then concentrate on the athlete. If the time is incorrect or there is some problem with the timing, it will already be too late to fix it and the judging is more important. Besides, it is easier to reconstruct times than it is to guess at a place. Also incorrect timing causes less controversy than incorrect placing.

To properly observe the finish, all finish line personnel should be elevated and at least 16 feet from, and perpendicular to the finish line. It is important that all finish line officials concentrate on the race. They should follow the race from the moment the competitors are brought to the "set" position at the starting line until the entire event is complete and the results recorded. Except in multievents timing and picking should be done by place not lane. The reason for this is place is more important for advancement and times, whether rounded or not, may not distinguish who was in which place. In multievents it is the time, which scores the points, the place has no real significance.



TAKING AND RECORDING HAND TIMES:

Timing is done from the sight of the smoke of the gun (not the sound which travels slower) until the torso of the runner hits the front of the finish line. The finish line is the vertical plane at the beginning of the line drawn on the track. The torso is that part of the body from the neck to the legs. Heads, legs and arms do not count.

Let your mind and fingers do all the work. When operating a stopwatch, be familiar with all of its functions. Be there early enough to practice if you aren't using your own. Always be sure to clear the watch before the start of the next race. It is usually done only after the chief timer gives the command when he has recorded all the times from the previous race. The watch should be held face up in the palm of the hand with the index finger on the starting button. Concentrating on the starter's gun, not the runners, the watch is started as soon as the smoke or flash is seen. After starting the watch, make sure it is operating. If not, or you suspect it to be incorrect, immediately notify the Chief Timer so an alternate timer can be used. Normally backup or alternate timers should be assigned for this contingency. As the runners approach, about 10 meters from the finish line, focus your attention at the finish line. As runners come down the straightaway determine which are the runners on either side of the place you are timing. This will allow you to focus in on that

part of the race. As the runners come to the line, determine the one you are timing and look for the torso to hit the line. At that point stop the watch with your index finger. The response time at

POSITIONING OF FINISH JUDGES



the start and the finish should compensate for each other thus giving you an accurate elapse time. Do not anticipate the finish. Once the race is complete, confer with the corresponding finish place judge and then report the time to the Head Timer. Do not clear your watch even when you have given your time in case the time must be verified again for some reason, i.e. a record, and error in recording the results or a difference in place and time sequence. The chief timer will give the command to clear your watches before the start of the next race. When reporting your time always round it off properly. Hand times on the track are rounded to the next higher tenth of a second, i.e. 0.11 is 0.2, 0.20 is 0.2 and 0.101 is 0.2. Note if hand times need to be converted to automatic times for seeding the High School and NCAA (5.12.4) rulebooks says round hand times up to next higher tenth of a second and then add 0.24 sec. Rule 76 details the requirements for seeing in USATF, with 0.24 seconds up to 200 m and 0.14 seconds for events over 200m up to 400 m.

RECORDING FINISH PLACES:

The procedure is similar to that for timing. As the runners come into the straightaway, determine where your place and the runners on either side are. If it is close, you will need to wait till the last moment. Concentrate on the line and the color of the uniform, hair or whatever of the runner you picked. It is important that your concentration not be broken at this time. It helps if you can identify the runners at least on each side. If the race is run in lanes remember which lane also. Close your eyes and replay it. Write it down so you don't forget it. The best method is to count from the beginning unless you have one of the last two or three places. However, if you count from the back remember you need to know how many finished to get the correct place. Don't assume because 8 started that 8 finished or that the third from the back is sixth place.

In some meets you will need to get the competitors name or school to confirm who they are, if they are not wearing numbers. Normally do not give them a time or a place even if they ask since the positions may change as a result of a disqualification, or displacement by a missed runner. Let them wait for the official results. For longer races or races with more than 10 competitors without numbers, it is useful to have some kind of a stick or tag to hand to finishers. Then have them report back to a recorder away from the finish line to record their names and place using the stick they received.

HOW TO SET UP A FINISH LINE:

The following section will discuss the procedures and activities that you should think about or perform as the Head of the Finishline, the Head Timer or the Head Finishline Judge. The better the organization the faster heats can be run.

Get there at least an hour before the first race. Determine if there is a finish stand. Is there more than one finish line? What is the event schedule? Talk to the Starter and the Clerk of the Course and any runners if they exist. Find out how you are going to get the entry sheet, how are the results going to get from you to the Competition Secretary or announcer. Find out if you have equipment or not? Watches, clip boards, pens and pencils, flags, megaphone, whistle, stand. First get your equipment and have the area set up the way you like it. Do this before the timers and finish judges arrive. Have them report a half-hour before the first race. Often you will end up giving a short finishline clinic. You will almost always have one or more new officials who have never done this before. Be patient. It is useful to have the duties written out so they can be handed out. Spend the first 10 minutes on general items and then split them into groups. Pair up your timers and pickers. Let them know who is working with whom. Even bring nametags or something else to indicate which place they are working. When you assign them write down their names with their place. Try to have at least one backup each for timers and pickers. As head judge or timer you may have to function in that capacity but try to get someone else

to do it. You have enough things to do. If you have enough, name a chief timer and finish line judge. Name a recorder. If you can, have one for each chief judge. It makes things move faster. Organization is critical to the success of the finish line activities. Alternatively you can have finish line slips which each judge or timer fills out and turns in to the respective chief. This saves time but you must be able to trust them to write down the correct time. These slips can be pre labeled with appropriate information.

Place: _____	Event: _____	Age Group: _____
M W By: _____	Lane: _____	Time: _____
Name: _____	School/Club: _____	

First find out who has worked on a finish line before and who has their own watch. Assign the more experienced people to places 3 through 5th. Assign places first and then timers. If you have enough experience then let them choose what position. Let people with their own watches time. They will do a better job. You normally need a minimum of 7 people, one head and 6 pickers/ timers. More are better but at least with this many you have a chance and will get all the positions to move forward. To have a full crew you need 12 timers and 11 place judges. That includes three times for first place plus the head timer who can also be a backup timer. For judging you have 8 judges, the head and probably two on first and two on fourth. The heads should normally have no assignment but try to get all times or all places or focus-in at the problem area as it develops i.e. close for third or fourth.

Once you have named the chiefs and assigned places let the timers and the judges meet as separate groups. The Chief Timer should go over the fundamentals of timing and what is expected. It helps if each timer has a paper and pen and can write down the time and place. Before assigning a place, the timer should confer with the finish place judge. In any case assign the time to the runner for which it was taken, that may be for a different place than was intended. Consequently you may end up with two second place times but no third place time. The head timer will have to assign a time and should so note that was what was done. In most cases this isn't a problem because the two places were very close. Once a timer gets the time and the runner, he should report those to the Head Timer. This is usually done in order of finish so that the Head Timer can resolve any times which are inconsistent with place, i.e. a third place finisher with a time better than the second place finisher.

The Head Finish Judge needs to tell his pickers what he wants them to do. Are there numbers or are the judges going to have to get the names of the runners? One procedure is to have the judges line up on the finish line in the lane they picked. This works well for races run in lanes. If a lower place judge is in the lane then the higher place judge displaces the lower judge. This immediately shows if there is a problem. Don't argue. Follow the rules. If there is an obvious mistake try to convince the other person. Be ready to help the person above or below. Do not try to help more than one position away from yours. Let the Head Judge reconcile the problem. Just make him or her aware of it. However, getting on and off the track each time, makes this a slow procedure. However, if numbers are not assigned, it is probably the best one to use. Remind judges that they need to look at more than the color of the uniform since there may be several members of the same team in a race. Have them try to pick out a feature. Keep their eyes on the runner until they get his or her name. Tell them how you want them to report the data. Will the heat sheet be pre-filled out so the correct runner's name will be in the correct lane? Or will the recorder need to fill out the finish order from the information collected at the finish line? You need to make sure the starter and the clerk keep the sheet the same as you. Is the sheet from the starting area coming to the finish? When? Is an updated sheet sent out to both the start and finish line when the clerk brings the runners on the track? Make sure the runners or clerks know who your recorders are and that they get the sheets before the start of the race.

Before the first race, make sure you have the needed paperwork. When the starter is ready, the starter will whistle to get an indication if the finish line is ready. The head will signal back if it is or not by whistling. Also it is useful to use flags to indicate with a red flag that you are not ready or a white flag if you are ready for the next heat.

Good communications between the clerk, the starter and the head of the finish line will go a long way to keeping a meet running smoothly and on time. The more information that you require the recorder or finish line officials to gather, the longer it will be between races and the longer the meet.

If there are problems, always get at least one set of results on paper. It is easier to work the rest as alternative results. If there is discrepancy, try to record as much of the other information as you can and then have someone else sort it out. If necessary, get someone else to take over your duties while you do it. But try to keep the meet moving. Remember the complainer is usually prejudiced. Ask for specific facts. Changing places on the basis of complaint should not be a normal occurrence. Only a proper picture from an automatic timing device is better than the human eye. Do not rely on instant pictures or unofficial videos. If an official video has been designated and operated then it can be used. Otherwise it is not acceptable. If there is a protest, be diplomatic. If the solution is within your ability to resolve, do so. If not, provide the protester with the channels to be followed. If the meet referee comes for information, answer any questions, providing as much information as possible. In any case, try not to hold up the meet.

Once the results are completed, give them to the runner to get to the Competition Secretary and/or the announcer.

FULLY AUTOMATIC TIMING:

Fully automatic timing is a requirement for approval of national and world records. We will cover how the photographic or video image is produced, how to interpret the image results, the reliability of the system and how the fully automatic timing works into the finish line operation. This is a specialty subject but is generally the same for the newer computer/video systems such as Lynx and the older Accutrack™ instant photo systems. It also includes chip or transponder timing. The interpretation of the results is essentially the same although the method of generation of the finish result is somewhat different. Note in the event the automatic timing device does not start, the High School Games committee can designate a procedure. The IAAF is silent. In the NCAA the Photo operator will fire a gun to recall the race. In USATF a recall or assistant starter should be notified and recall the race.

HOW AN ACCUTRACK™ PICTURE IS TAKEN:

Although this technology is slowly being replaced, an understanding of it is useful in understanding most of the newer systems. The photographic results consist of two parts. One part along the edge is the time line. It consists of a photographic image of the time shown in dots or ticks and numbers. The timer is started by sound or special flash. When the film is moved the current time is photographed on the film. The second portion of the photographic result is the image of the finish. The image is produced by moving the film before an open aperture. When the aperture is opened an image of all that passes in front is made on the film. Figure 1 contains 6 sketches showing how a finish is imaged on the film.

FILM HANDLING:

The Accutrack type systems use an instant type film. Determine prior to the start of the meet who will develop the film. This may be done by the camera operator or by the reader. Make sure that the waste paper generated is disposed of properly. Film comes in black and white and color. Generally black and white film is used because of cost. Handle the black and white film carefully. It scratches easily. If the pictures are to be saved for any great length of time, use the preservative that is supplied with each packet of film. Do not apply preservative until after the meet is

over and there is no need to reread the picture. Please also note that as with all pictures fingerprints can be a problem. Color film presents two very special problems. The first is the length of time required to develop and the second is a need to cure the picture. Since color film is made up of thin layers placing the film in the reader too soon causes the layers to move destroying the accuracy of the picture.

READING:

a. Equipment: The reader for most systems consists of a flat plate with a screw tightened bar to hold the picture firmly and a slide indicator used to read the picture. A magnifying glass and a small light can be of considerable value in reading the picture. The new computer stored versions allow for magnification on screen avoiding the need for this additional equipment.

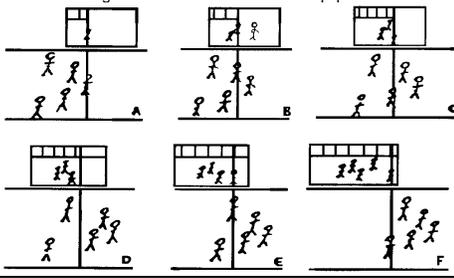


Figure 1

b. Technique: Place the film in the reader. Do not try to read the picture without the reader unless the order of finish is clearly obvious. Most models will produce a picture with a guideline or dots to align properly. This is critical as the slide indicator reads at a 90-degree angle and if the picture is not aligned properly the interpretation will be incorrect. Place judging is done using the same rules as for hand placing. Use the torso only (See Figure 1).

If the torso of an adjacent runner is completely hidden then the hidden runner usually can only have a tie. If the hidden runner were ahead, some portion of the torso would be visible. The time is recorded to the longest one hundredth. Place the hairline on the edge of the torso. If the hairline is on an exact time dot then the time is for that dot. If the hairline is not on a dot move to the next dot and record the longer time. See Figure 2 for an illustration.

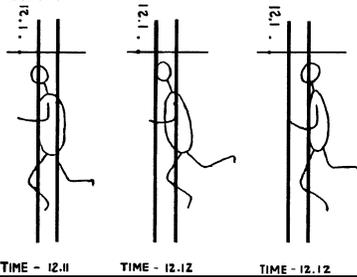


Figure 2

One problem that can occur during reading times is "parallax". It is caused when the hairline is elevated above the picture. See Figure 3 for a diagram. Check the reader for parallax before the first race. If the reader has a parallax problem, be sure to read times looking vertically at the picture. Any angle could cause a misreading of the time.

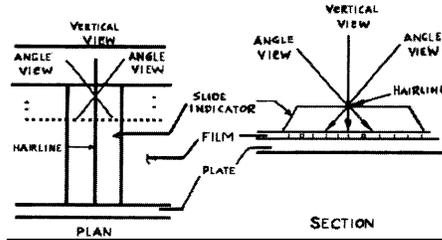


Figure 3

RELIABILITY:

As with all mechanical equipment fully automatic timing

Pos	ID	Name	Affiliation	License	Time
1	19	6 Carl Lewis	Santa Monica TC		20.29
2	23	3 Jeff Williams	Los Angeles CA		20.43
3	17	4 Daniel Brijlony	Micrelia		20.56
4	22	5 Andrew Jones	Sakumas		20.65
5	24	0 Ken Clark	Hico, NC		20.72
6	18	7 Koji Ito	Japan		20.81
7	20	2 Damien Marsh	Australia		21.13
8	21	1 Lamont Smith	Santa Monica TC		21.13



equipment can fail, be set-up improperly and can have operator

problems. Please note that a picture of the finish will provide an absolutely accurate record of all that passes in front of the aperture. The most common problem is "no picture". In that case the hand times and places will have to be used. This is one reason why hand timing and placing is not obsolete. The next most common problem is "no time" or "inaccurate time". The "no time" problem is the easiest to solve. Hand times will have to be used. Please note that place judging can still be done from the picture. "Inaccurate time" is harder to handle. If the incorrect time is obvious then it can be treated as "no time". Coordination with the operator can help in determining whether the time is accurate. A much less reliable way is to compare the machine time with the hand times. Standard relationships exist to convert from hand to automatic timing. Other problems such as alignment of equipment, light picture, open aperture, and not enough time dots are handled best by coordinating with the machine operator.

Much of this is eliminated if the chip or transponder system is used. This technology is generally used in road races and cross country where times are rounded up to the longer whole second. This technology is being adapted for use on the track. The difference is in the definition of the finish. With the transponder, it is when the transponder crosses the first antenna. At present most systems use rugs with antennas built in but new systems are using beams which could be mounted on either side or the finish. The issue is the definition of the finish which is the torso. The transponder may not be on the torso or the part of the torso that breaks the plane first. Transponders systems are acceptable for lap scoring, road races and cross country.

FINISH LINE ADMINISTRATION WITH AUTOMATIC TIMING:

The most common method of handling the results is to include the automatic timing results on the same sheet as the hand times and places. This approach can cause problems. One of the most common problems is a missed place on the picture. Correcting the sheet can cause confusion at other points in the meet administration. The best approach in meets that do not use numbers is to use two separate result sheets, one for hand timing and one for automatic timing. In this situation the hand-

timing sheet is give to the person recording the automatic times. The automatic timing sheet is filled out with the available automatic times. Hand times are used when needed to fill in the blanks and then completed sheet with hand times clearly marked is sent up as the final results. A better method is to require all athletes to use numbers. But this method takes time. Meet administrators need to add this additional time to any estimates of time for the meet. With a separate person as a photo reader versus the camera operator, the time forgetting automatic times need not be any slower than for recording hand times and certainly less if there are any problems/or missed places.

It is also common practice to give the camera operator a recall pistol so that the race can be recalled if the camera malfunctions at the start. Alternatively a flag can be raised and the starter or assistant start can sound the recall. In high school a race may not be recalled because of the failure of the automatic timing device.

OTHER AUTOMATIC TIMING DEVICES:

There are several computer/video systems on the market. We have several Finish Lynx systems in the Pacific Association including Cal, San Francisco City and one of which is owned by Bob Podkaminer. Each computer system is slightly different but the basic principles are the same. A video camera is used to capture the finish on the hard disk of the computer from which it then can be played back and times either manually or automatically recorded. Reading of the image is similar to the ACCUTRACK^(TM) but is easier since the image can be electronically enlarged and the scan line is always parallel to the finish line. A hard copy via printer can also be made. The currently marketed systems include: 1) the Omega Hawk Eye^(TM) which is an economical version of the Scan-O-Vision^(TM) system used in the last few major world meets. 2) MacFinish II^(TM) by Intersoft Electronics, 3) Finish Lynx^(TM) and 4) Omni Sport[®] 6000. These systems are slightly more expensive than what ACCUTRACK^(TM) used to cost, particularly if you have to buy the computer. But they are cheaper to operate since no film is involved. They also give a real time ability to check on the operation of the system, without impacting their results; i.e. visually watch the finish. The camera is the only part of the system that needs to be at the finish line or outside of the results area anymore. There is one more system that is used particularly at a number of colleges and that is the PyroFlash system. It uses a video tape system. It is less accurate because it operates at on 50 frames per second, which means someone can cross the finishline between frames. If the runner has not reached the finish line in one frame and is over it in the next then the longer time for the frame where the runner is beyond the finish line should be used. You can test your skill by going to their website at www.finishlynx.com and using the simulator.

FIELD EVENT OFFICIATING OVERVIEW

INTRODUCTION:

Let's start first with some definitions.

A **trial** is an attempt in a field event.

A **flight** is a round of trials for a group of contestants. In high school this can be up to 8 contestants while in the NCAA it can be up to 12 while in open meets it can be as many as 15 and sometimes more. These are only used in preliminary or qualifying competitions.

A **heat** is a qualifying round in a track race.

A **qualifying competition** is a separate competition in which contestants qualify for the competition proper by either making the qualifying height or distance or finish high enough after 3 throws to make the competition proper. This procedure is normally only used in championship meets. If an athlete makes the qualifying mark he is insured of entry in the competition proper and so is not eligible to continue in the qualifying competition. Qualifying marks do not carry forward into the competition proper.

A **preliminary competition** consists of three attempts to determine who will be the finalists in the throws or the horizontal jumps. There are no flights or preliminary competitions in the vertical jumps.

A **foul attempt** is one, which is counted as a trial but which is not measured (unless an immediate protest is lodged) because of some violation of the rules.

Field events require athletes to combine the talents of speed, strength and control. The field official must focus on the details of equipment specifications, time constraints for trials, and accurate and consistent measurement.

NUMBER OF TRIALS/CONTESTANTS:

All throwing and horizontal jumping events have three preliminary rounds when there are 6 or more competitors. The number of finalists, except in the vertical jumps, should be not less than 8 and generally equal to the number of lanes being used around the track. In the preliminary rounds, each competitor is allowed three trials or attempts with the order of competitions determined by lot. In the finals finalists throw or jump their final three attempts in reverse order of their best preliminary round marks.

In combined events, competitors only get three trials in throwing events and the long jump. Ties are not broken in combined events since it is the points rather than the place that is important.

In NCAA and high school competitions you must have one fair attempt to qualify for a final place or to get into the finals no matter how many competitors.

In some meets it is possible to have just four attempts for everyone as determined by the Games Committee before the start of the competition.

TIES/PLACES:

In the case of a tie for the last qualifying position for the finals, you take all ties to the finals except in USATF and IAAF. In the case of a tie at the end of the competition in all, it is broke by the next best throw or jump. If the tie is for first place and all 6 jumps or throws are the same then each tying competitor would get an additional jump or throw until the tie for first place was broken. Ties for other places are not broken by additional competition. The rule as it applies to first place for the vertical jumps is slightly different in that a fourth attempt is made by the tying competitors at the lowest height attempted and missed over the tying height by any of those tying. If the tie remains then the bar will be lowered or raised by a specified increment (different in each rulebook, see vertical jump section) until the tie is broken. There is no passing in a jump off.

Each competitor will be credited with the best of all his trials including trials, which are part of a tie breaking competition.

CALL UP/TIMING/ABSENCES:

NOTE: This is a complicated section with each rulebook having exceptions. Consequently it is advisable to read the applicable sections of the rulebook before each competition to make sure you are applying the proper rules to that competition.

The Head Event Judge or recorder calls the competitor to begin his or her trial. This is normally done by saying, ---- is up (about to compete), ----- is on deck (next to compete) and ---- is on hold (second in line to compete). The time allowed for a trial to start for all but high school pole vault is now 1 minute from the time the athlete is called up. The high school pole vault is 1 1/2 minutes. There is no time foul as long as the attempt is started before the time has elapsed. This is open to some interpretation but if a jumper always does the same motions before starting his run up, namely moves his arms back and forth three times while visualizing his jump, then you should consider him to have started his run up even though he hasn't taken the first step. With or without a clock an official should indicate to the athlete when there is 15 (USA & IAAF) or 30 seconds (NCAA) remaining by raising a yellow flag overhead and/or calling out 15 or 30 seconds. It is a matter for the Referee to decide, having all the pertinent information, what is an unreasonable delay but the normal guideline should not be exceeded. In high school events, there is no consideration for more than the normal increment between consecutive trials by the same athlete while in USATF, and IAAF events, the increment is increased, i.e., should never be less than 2 minutes in all field (180.17.d for IAAF, and 180.8.d.ii for USATF). The NCAA only applies this rule to the high jump (2 minutes) and the pole vault (3 minutes) (6.1.3). There continues to be special consideration in the vertical jumps as the number of jumpers is reduced to 2 or 3, the time allowed for jumps is doubled, i.e. increased to 2 minutes and 3 minutes respectively for the high jump and the pole vault in all but high school events where the increments are 3 and 4 minutes. When there is a single jumper the times become 4 minutes and 5 minutes in all competitions. The normal time limits are applicable to combined events, but the extra time varies and usually is only available when a competitor has consecutive jumps (see table below to help clarify the time increments for field events).

	---- OPEN ----			---COMBINED-EVENTS ¹⁾ ---		
	FIELD	HJ	PV	FIELD	HJ	PV
Greater than 3						
USATF/IAAF	1	1	1	1	1	1
NCAA	1	1	1	1	1	1
HS	1	1	1 1/2	1	1	1 1/2
If 2-3 remaining²⁾						
USATF/IAAF	1	1 1/2	2	1	1 1/2	2
NCAA	1	2	3	1	1 ¹⁾	1 ¹⁾
HS	1	3	4	1	3	4
If 1 remaining						
USATF/IAAF	1	3	5	1 ⁴⁾	2	3
NCAA	1	4	5	1	2 ³⁾	3 ³⁾
HS	1	5	6	1	5	6
CONSECUTIVE ATTEMPTS						
USATF/IAAF	2	2	3	2	2	3
NCAA	1	2	3	1	2	3
HS ⁵⁾	-	-	-	-	-	-
WARNING						
USATF/IAAF	1/4	1/4	1/4	1/4	1/4	1/4
NCAA	1/2	1/2	1/2	1/2	1/2	1/2
HS ⁵⁾	-	-	-	-	-	-

Table Footnotes:

Because this continues to be an area for change, please review your rulebook when moving from event to event or meet to meet to make sure you are applying the appropriate time increment.

- 1) Note the differences in the rules.
- 2) Note to be fair to all competitors this change occurs when a new round is started with only 2 or 3 remaining then all should be given the extended time for each jump including their first jump.
- 3) There is no rule covering this item but with one remaining the consecutive jump rule applies.
- 4) Same as consecutive attempts after the first attempt which will have the normal time limit unless a consecutive attempt. (Note this normally applies only to vertical jump competitions since other event should not have more than one attempt per round.)
- 5) There is no rule for this.

An athlete may obtain permission to compete in another event, which will require missing his/her turn or taking it out of order in the rotation. Each rulebook has slightly different protocol. In USATF and IAAF an athlete can take either a preliminary or final attempt out of order but only in the same round. So if he misses the round completely he loses his attempt for that round (181.8(c)). In a NCAA meet an athlete may take attempts in succession in the preliminary or qualifying rounds but the athlete must have a fair attempt in the first three attempts and must take all final attempts in order (6.1.5) or that attempt will be forfeited. In high school attempts may be taken in succession even in the finals. But to be in the finals the athlete must have a legal attempt in the first three in high school and NCAA. All preliminary attempts must be completed by the time set by the Games Committee or they are forfeited (6.2.3 & 7.2.2). But they could have 3 attempts in order (6.2.5 & .6, 7.2.6). In USATF Youth meets the Games committee or the affected event judge (if delegated) will set a time limit for return for an athlete excused from a high jump or pole vault for a running event. There will be no limit for those excused from throws or horizontal jumps other than returning before the conclusion of all other preliminary attempts if excused during the preliminaries or the completion of the finals, if excused then. Failure to return within these limits shall result in forfeiture of missed attempts. Attempts may be in succession before they are excused or after they return based on the decision of the head judge (302.5(l)). The finals should not be delayed because of a missing athlete. Always attempt to understand where and how long an athlete expects to be gone so you can effectively run your event. Write down the time the athlete leaves and returns. Have him report in and out to the head of the event. You must balance the needs of the excused athlete with those of the other competitors. Remember the guiding principle is a fair competition for all without advantage or disadvantage to any. Make the best accommodation you can, knowing all the circumstances. In big meets a stricter interpretation is mandatory to keep events on time. In international meets and some major national meets, an official must accompany the athlete if he leaves the venue.

In IAAF and USA Track & Field sanctioned events athletes who have been excused and subsequently are not present for that trial shall be deemed to have passed that trial once the period allowed for the trial has elapsed. This is of primary importance in the vertical jumps only. Remember it is a matter for the Referee to decide having all the pertinent information what an unreasonable delay is. In the High School the Games Committee shall determine the time limit taking that an athlete may be excused taking into consideration the following requirements:

1. The athlete must receive permission to leave from the event judge.
2. The event judge may allow the competitor to take a trial before he leaves.
3. The judge should take into account the length of the race or event for which the competitor is to be excused.
4. Record the time excused.
5. In the vertical jumps, if the competitor doesn't return by the time the bar is due to go up, the judge will pass the competitor to the next height.

6. Coaches must take into account the limited time allowed to compete in another event when determining the events any individual athlete is entered.

7. The event judge needs to be fair to all competitors, not only the athlete with more than one event.

Several of these items are appropriate for consideration in other competitions also. In Youth competitions when a vertical jump competitor is excused to participate in a running event, a reasonable time limit shall be established by the Games Committee or delegated to the affected Field Event Judge. In throwing events and horizontal jumps, there is no time limit imposed if the competitor returns during the trial rounds if excused during the preliminaries or before the conclusion of the finals if excused during the finals. In these cases the athlete shall be permitted to make up the missed throws or jumps otherwise missed attempts are forfeited. In both preliminaries and finals, the head judge may allow attempts to be taken in or out of order and in succession before an athlete is excused or when the athlete returns. To compete in the finals in a NCAA or high school event an athlete must have a legal preliminary attempt.

COACHING/AID:

Coaching on the field in an event area is generally not allowed. However, many of the rulebooks are now making allowance for a coach's area near each field event venue, especially the pole vault. The general exception is in the NCAA for meets with five or less teams which allows the coaches to be on the field of play. Teammates in NCAA meets can always help one another if they are in the event. In contrast in the USA Track & Field and IAAF advice by anyone within the competition area is prohibited. But coaching or communication using non-technical devices is all right as long as it does not occur in the event area. Athletes leaving the competition area during the event for any reason may need to be accompanied. This means an athlete can get hand signs or go over to the edge of the event area to talk to a coach who is not in the event area, i.e. stands nearby and the athlete doesn't leave the event area. A field athlete should not leave the infield or a throwing or jumping area to go over to the stands to talk to a coach. In High School and USA Track & Field Youth meets, the no coaching rule is still in effect. Although the High School rules have left it up to the Games Committee to define the restricted areas where only competitors and meet officials are allowed, implying coaching from an unrestricted area is all right. (Rules 3.2.3.q and 4.5.9) For safety reasons all groups allow a special coaches area near the pole vault venue. Generally use of video replays, cassette recorders, TVs, radios, CD's, and phones during the competition for an individual event is strictly forbidden. This includes race walking on the roads.

Generally taping of hands or fingers in throwing events is not allowed unless there is an open wound. The exceptions are the hammer and the weight events where individual fingers may be taped. The taping of the wrist is acceptable. There shall be no connecting tape device, cast or covering between fingers and palm or back of hand, between the wrist and palm or back of the hand or between the fingers and the wrist. Gloves are only allowed in the hammer and weight events in all competitions and for the NCAA pole vault. The wearing of a weight or lifting type belt is OK. None of the rulebooks any longer restricts the wearing of watches. However, jewelry other than medals taped to the chest and watches are not allowed in high school events.

No flags or markers should be placed in the pit or impact area since they could interfere with the mark. No reference marks of any kind can be used in the discus or shot in high school events. For the acceptable location of markers see the individual event summaries.

Marks can be used along side of but not on runways as an aid. They are usually restricted to two marks except in high school, which allows the Games Committee to set the requirement.

The NCAA allows caulk on all implements, others restrict caulk and other materials to the hands only except in the shot where caulk and also be put on the neck.

USE OF FLAGS:

There are three flags normally used at a field event, white for a fair throw or jump, red for a foul and yellow to indicate 15 seconds remaining on the time clock in IAAF and USA T&F and 30 seconds in NCAA. The yellow flag should be raised overhead until the attempt is completed or the allotted time has expired and then it should be lowered. Flags are used in preference to verbal commands. However, for most events it is best to announce time remaining because often athletes are not facing the clock, if one is present. In fact, try not to yell fair or foul. If you must use something say "Mark" or "No Mark" although these are only required in high school meets. Flags are also used to communicate with the field officials in the longer throws since often they can't hear comments at the circle. Once a competitor has completed an attempt, including leaving the throwing or landing area, the head judge will indicate a legal attempt by raising the white flag straight over his head so everyone can see it, or an illegal attempt by raising the red flag. Do not wave it around and hold it up long enough so that field official can see it and acknowledge it. Do not yell "Mark", "30 seconds" or raise your flag if an athlete has started the attempt. Wait until the athlete has stopped or completed the attempt. In the field always mark the throw even if it appears to be a foul. There might be an appeal. If there is an immediate appeal on a foul call, the attempt should be measured but not announced to anyone unless the appeal is upheld. This will protect the rights of the competitor. Therefore, if you are in the field or the pit, don't be too quick to pull the mark of the distance or to rake the pit if there seems to be some controversy about the throw or jump or if it appears to be near a record distance. Use the red flag or a cone in the circle or runway to indicate that the field or pit is not ready for the next attempt and the white flag to indicate that it is ready. If the time has expired and the attempt has not been started then if a time foul is being called, the red flag should be raised. Note it is not mandatory that a time foul be called.

DISQUALIFICATION:

Remember only a referee is empowered to disqualify someone from a competition. Others only make recommendations to the referee.

SAFETY:

Always be attentive when you are on the field (or on the track while field events are going on). Field events can be dangerous if you are hit with any of the implements or get in the way of a jumper. Do not cross runways or the field areas during a competition. Always keep your eye on the runway or the circle. Be prepared for the unexpected. Particular attention must be paid during the warm-up period since the time between throws or jumps is much shorter. Don't let the athletes retrieve their own implements from the sector unless you have no other alternative. Make sure they are behind the cage or foul line when waiting to throw. Warm-up in the cage, circle or runway only and always have them face the circle when going out to the field to get their implements. Do not call up the next thrower or jumper until everyone is ready and any implements have been removed from the impact or jumping area. Make sure the facilities are safe and the areas clear before letting the athlete make an attempt. In the case where cages are used make sure athletes are behind the opening and away from the cage such that they are protected. Be particularly concerned about holes in fencing or netting where an implement might get out. **Stop any event where safety might be compromised in the event you are conducting or in another event.** The USATF now requires the throwing landing surface in outdoor meets must be on cinder, grass or a similar substance so that the energy of the throw is absorbed. It is specifically spelled out in the high school rule but the referee or the head of an event (through the referee) always has the authority to shut down an event because of a safety problem and/or to declare that an event will not be held because of safety considerations or because the venue does not meet the specifications set forth in the rulebook.

STEP BY STEP GUIDE FOR FIELD OFFICIALS ON THE DAY OF THE COMPETITION

This section deals with the order of activities for a field official each time he or she is scheduled to work a competition. The differences between the rules of the various sanctioning bodies are highlighted. It repeats much of what has been discussed in previous sections and presents it in a sequential versus a subject matter format.

BEFORE COMPETITION:

1. Read the applicable rules for your event the night before the competition. Remember the words "must" and "shall" mean it is compulsory, while "should" means it is hoped the rule will be followed but it is not mandatory.
2. Arrive early, at least 30 minutes before your event is scheduled. If possible 45 minutes or more is recommended. In a big meet you will probably need to be there at least an hour before.
3. Check in first with the Head Field Judge or Field Referee to see if there are any special rules or notes for the day, like a decision by the Games Committee to have only 4 throws, to have flights, or the time for excused athletes. If you are the head event judge, pick up the event sheet and equipment.
4. Check out the facilities:
 - a. Check the circle or runway to see if it is clean and dry & in good repair.
 - b. For the shot check the toe board to make sure it is tightly held in the concrete. For the hammer check that if it is a dual discus/hammer facility that the ring insert is properly installed.
 - c. Check the cage opening and position of movable gates for the discus and hammer. For USA Track & Field and IAAF it is 4 meters from gate to gate at 7.8 meters out from the center of the circle while for high school and NCAA is about 4.9 meters gate to gate at 5.3 meters out from the center of the circle. The opening is centered for discus and gates approximately parallel to the sector lines and should be moved right or left of the hammer thrower depending on whether the thrower is left or right handed. The closed gate is approximately perpendicular to the sector line. Check the condition of the cage and the netting. Are there any openings where an implement might escape?
 - d. Check the layout of the sector or runway to make sure the lines are correctly placed. Measure out to any distance lines so you can let the athletes know their distances. If it is not laid out properly, do it yourself. See table for correct sector.

Event	USATF/IAAF /NCAA	Youth	High School
Shot	34.92°	40°	65.5° or 40°
Discus	34.92°	40°	40° (in Cal)
Hammer/Weight	34.92°	34.92°	N/A
Javelin	28.95°	28.95°	28.95°

(See throws section for more measuring details.)

- e. Check the sector, runway and normal walking areas for any tripping hazards or standing water. Remove any markers left on the runways from previous competitions. Check outside the sector for possible interference with other events.
- f. In the long and triple jump check the level of the sand even with the level of the takeoff board. Move and wet sand as appropriate. Measure and mark any temporary boards to be used.
- g. Check to make sure you have needed rakes, brooms, tapes, markers, forms, pens, flags, watch, ladders, sector marker, distance markers, performance indicators, record indicators and recorder stand.
- h. In the vertical jumps check the standards to make sure they work properly, the markings are accurate and that they are set right. In USATF/IAAF meets make sure the foul line for the high jump and the zero indicator line for the pole vault

standards are marked. Check the length of the cross bar. Check the location of the landing pit, and other padding and adjust as needed. Check the distance between the bar and the standards at the starting height and the expected winning height to make sure the standards are spaced correctly. Most standards are bent and may move in or out at higher heights. When layout is finalized, mark the location of the standards and mark the bottom and front of the cross bar. Mark the orientation of any moveable end pieces. Find the low point of the cross bar. Place the bar on the standards and mark the position directly under the low point on the jumping surface directly below the bar using a plumb bob. This makes it easier to make sure that the measurement is the correct one, vertical from the low point.

- i. Check that wind indicators are in place for the vertical jumps, the horizontal jumps in all competitions and the discus and javelin in USATF and IAAF competitions.
5. Check with the Weight and Measurements officials to see what color or marking will be used on implements today.
6. Erect barriers to keep everyone but those officiating the field event out of the runway or landing area. Include a safety buffer on either side. Get additional help or marshals to insure the safe conduct of your event, i.e. safety for athletes, officials, coaches and spectator both within the competition area and or adjacent to it.
7. Have athletes check in with the head event official and make sure to ask if they will need to be excused during this event to compete in another. If there will be excused athletes, explain to them the rules on absence, and particularly how it will be applied by you in this meet. This is an area for more misinterpretation since the rule varies from sanctioning body to sanctioning body.
8. Once it is determined if there will or will not be flights, announce the competition order and who is in which flight. The Games Committee should set the order. If not, it should be drawn by lot.
9. Announce warm-up times and who can warm-up when.
10. Check any implements to be sure they have gone through Weights and Measures or in the case of the high school pole vault that the athlete is using the correct pole for his weight. Only marked implements can be used for warm-ups or the competition proper. Use of an unmarked implement even in warm-ups is grounds for disqualification.
11. It is now recommended by USA Track & Field that a competitor take no more than two warm-ups throws for each turn in line at the competition area.

WARM-UP TIME:

1. In the throws, only warm up with officials in the field. This also helps the marking officials determine where they should position themselves for each athlete for fast and accurate marking during the competition since they will know the approximate distance for each competitor. Do not let athletes retrieve their own implements. Carry implements to the left side of sector (Officials right) and if there are enough officials have them help carry the implements back to the circle.
2. Warm-ups are limited to a maximum of 15 minutes per flight for the NCAA (6.4.1). As a rule of thumb you should allow enough time for each competitor to get a minimum of two attempts and preferably 3 or 4 attempts during warm-ups, particularly on cold days. That means you should allow about 30 seconds per throw and 45 seconds per jump. If you have flights make sure you are consistent for each flight.
3. At beginning of warm up period let everyone know how many throws or jumps or how long the circle or runway will be open for warm ups.
4. Always close the warm-up period off about with 2-3 minutes to go, so there is adequate time for instructions and introductions. It is best to do this by getting in the warm-up line a few minutes before the end of the warm-up period. Thus everyone knows when the time is over and not one can try to sneak in one extra attempt.
5. Following warm-ups put the measuring tape out from right side of circle or runway to a point on the right sector line as seen from the circle. Implements are carried off to the opposite or left side.

6. In the vertical jumps check the height of the bar and if it is level by sight and by measuring at both ends of the pole. Alternately you can use a small level.
7. In horizontal jumps make sure the pit is raked and ready.
8. Sweep runways or circles.
9. Make sure sideline areas and area behind field event are clear of unauthorized people when the competition begins.

INSTRUCTIONS:

First introduce yourself and your officials.

1. Go over how you plan to conduct the event including all the applicable rules for the event. Early in the season go over any recent rule changes.
 - a. Start from a stationary position from inside the circle or on the runway.
 - b. For throws, do not leave circle or runway until the implement hits the ground or in high school "mark " is said.
 - c. Leave by the back half of the circle, jumping pit or behind the arc. (You can enter any way.)
 - d. Point out any sector or foul lines and indicate that fair throws must be inside of, not on a sector line.
 - e. Tell them if you will be measuring in feet and inches or meters and centimeters. Point out that the metric measurement is the official distance. (Only HS and Junior Colleges recommend use of English units any more.) As a convenience if you have a common zero tape, it is nice to read both the metric and imperial distance. But mark the metric reading down first so there is no confusion.
 - f. Tell them how to leave the circle, runway or pit without fouling.
 - g. Tell them they have 60 (90 HS PV) seconds to start their trial from the time they are called up. Tell them if you will announce 15 or 30 second as appropriate for USATF/IAAF or NCAA meets remaining or just raise yellow flag. A trial need only be started before the time is up; it need not be completed in the time period. Note: In the high school pole vault they have 1 1/2 minutes. In all the rulebooks both the pole vault and high jump the time period changes once there are three or less competitors. See individual sections for more details or table on page 16. Tell them if an athlete passes after being called up, it will be considered a time foul. Under such circumstances in a USA Track & Field or IAAF meet, you should not call up or start the time for the next competitor attempt before the time period for the passing competitor has elapsed unless the athlete wants to start. That is, a field athlete has the right to the time he had reason to expect to have to get ready before the preceding athlete passed.
 - h. Tell them that you will indicate ____ is up, ____ is on deck and ____ is on hold or ____ at the ready. Inform them they should be ready to start their attempt when called.
 - i. Check for the number, ownership and location of marks in vertical and horizontal jumps and the javelin. Two marks are allowed in NCAA, IAAF and USATF events (except Youth competitions in the vertical jumps). In a NCAA high jump no mark can be closer than two meters to a standard. The high school rulebook leaves the number of marks up to the Games Committee. In a NCAA meet shoes may not be used as markers.
2. Tell them how many go to the finals and what is required. If 8 or less, all get 6 trials (except when the Games Committee has limited it to 4 trials with no finals). High school and NCAA require a fair throw to advance to finals. Normally eight (or nine if nine lanes are used around the track) go to the finals.
3. Tell them not to go into the sector or cross the runway and that they should retrieve their own implement from which side of the sector where the official will place the implement. Normally it is the left side.
4. Tell them what a foul trial is:
 - a. Over the allotted time.
 - b. Stepping on top of circle, the arc or toe board.
 - c. Walking out of the circle or off the runway before the implement hits the ground or impact area.
 - d. Walking out the front half of the circle, over the arc or back through the pit in the horizontal jumps.
 - e. Improper form.

- f. Breaking the plane formed by the standards and the edge of the crossbar nearest the take off point in the high jump or the plane at the back of the pole vault box and touching the ground or landing area beyond that plane.
 - g. Not jumping from one foot in the high jump.
 - h. Stepping on or over the runway sidelines in all of the events except the pole vault or horizontal jumps.
 - i. Dislodging or intentionally steadying the crossbar during the jump.
 - j. Not indicating that you are passing before being called up, particularly important in the vertical jumps.
 - k. Not starting from a stationary position in the circle or on the runway.
 - l. Implement lands on sector line or outside of the sector.
5. Recheck their implements for markings indicating they have been checked by the Weights and Measures staff. Check pole vault poles for a maximum of two tape layers. Throwing of an altered or implement not inspected, even in the warm-up period, is grounds for disqualification.
6. Check hands for tape. Generally taping of hands or fingers or use of gloves is not allowed in throwing events or the pole vault. The notable exceptions are the hammer and weight events and the NCAA pole vault. Taping of wrists and the use of belts for support are OK. See section on Aid previously or the individual sections for more detail. All rulebooks that have hammer and weight allow the taping of individual fingers and use of open fingered gloves.
7. If numbers are required, check that they are on their uniform. For most events if two numbers are issued both must be worn except in the high jump and pole vault where they can wear one on either front or back. If only one is issued it should be worn on the front.
8. In the throws, tell them to put their implement down if they want to leave the circle or runway and start a fresh. However, the time should not be reset unless the head event official decides that due to special circumstances it should be.
9. Tell them they can put talc, spray or similar substance for a better grip on their hands only but the shot where it can also be on their neck but not their equipment. They cannot put any thing on their shoes or in the circle. If they put it on their equipment they risk having the implement declared illegal for the competition and/or disqualification from the event.
10. Confirm those that may have other events going on at the same time and explain what they must do when they leave and return.
11. Explain the use of the red and white flags to indicate a fair or a foul attempt and yellow to indicate so many seconds remaining. In case of the high school the head official needs to say "Mark" when the implement lands so that the athlete can leave the throwing area.
12. In the vertical jumps indicate the increment that the bar will be raised for this competition including any changes to a smaller increment at higher heights. This information is essential so the jumpers can determine their strategy.
13. Have athletes remove any objects which might impeded their throw or jump or may fall while they are competing as a potential safety problem. Starting in 2002 high schools will have a no jewelry rule except for religious medals, which must be taped to the body. For other clothing rules particularly in High School see the rulebook.
14. Read the competing order. Confirm starting height/initial passes in the vertical jumps.
15. Line up competitors for introductions if needed.
16. Inform the competitors that once the competition has begun they are not permitted to use implements, circles or the runways for practice until they are called up.
17. If possible, implements should be controlled and only picked up by the athletes when they are called up "on hold". This conforms to international and national practice.
18. In all cases an official should indicate by verbal and visual signal to the competitor that the trial time has begun. This can be done by removing a cone or by raising a white flag.

THROWING COMPETITION:

- 1. Start your watch when athlete is called up.

- 2. Watch the entry for circle events and once the athlete becomes stationary then start watching for fouls.
- 3. Watch to see if stationary somewhere in the circle or on the runway at the start.
- 4. Watch the feet.
- 5. Watch the style.
- 6. Watch the implement hit. The field official should raise a red flag if lands on sector line or out of the sector.
- 7. Watch the athlete leave by the back half or behind the arc after the implement has hit in the field. If a high school meet say "mark" or "no mark" so the athlete can exit.
- 8. Check with other circle or runway officials and field officials to see if they are indicating a fair or foul trial. Raise white flag if no circle, runway or field foul is indicated and a red flag if there is a foul in either area. Always wait till throw is completed before raising a flag or calling out "Mark" or "no Mark". It is better to just raise the flag although high school does require the verbal announcement. This way an athlete won't be hurt by being distracted or trying to stop in the middle of his throw.
- 9. Tell athlete the reason for a foul call.
- 10. If fair, mark the point of impact closest to the circle or arc and measure the throw.
- 11. Those in the field should check each implement for the proper W&M marking as they take the implement to the sideline.

VERTICAL JUMP COMPETITION:

- 1. Start your clock when the athlete is called up.
- 2. Watch the run up.
- 3. Watch the plane of the standards to make sure it is not broken by the athlete or pole by touching the pit or the ground beyond the plane without a valid jump.
- 4. Watch that the high jumper takes off from one foot.
- 5. The pole vault pole can not be caught unless it is falling away from the bar or standards. On windy days it is important to determine if the pole is pushed back by the vaulter, i.e. so it can be caught. If it isn't, it must not be caught because it may knock down the bar at lower heights. Starting in 2003 only bars with semicircle end pieces will be legal in USATF and IAAF competitions.
- 6. Watch the crossbar if it is hit in the act of jumping only. It is illegal to intentionally steady the bar with your hand in competition.
- 7. When satisfied that the bar will stay in place, indicate with a white flag that it is a fair jump, steady the crossbar and call the next jumper when the pit is ready. If a failure, raise the red flag.
- 8. If the bar comes down replace it and call the next jumper.
- 9. Mark event sheet as follows:

	Cleared	Failed	Passed
ALL	O	X	-

It is best to write your key at the side of the page to avoid any confusion. But the above terminology is now common in all rules.

- 10. If a competitor passes a trial, he forfeits his right to jump again at that height in USA Track & Field and IAAF. In high school and NCAA a jumper may pass one trial at a time. Remember in high school or USATF youth and master competitions, if an athlete passes three consecutive heights may be permitted one warm-up jump without the bar in place. In high school the competitor must then start at this new height while in youth and masters they need not enter at that height but must take their warm-up when earned. In NCAA competitions, a jumper may use the runway and landing area without the cross bar for warm-up if the competitor has not taken a jump in an hour with the permission of the head official at a height change. A high jumper has a maximum of 90 seconds and a pole vaulter a maximum of two minutes to warm-up.

Once a competitor has won, he or she has the right to continue vaulting until eliminated at the height he or she chooses.

HORIZONTAL JUMP COMPETITION:

- 1. Start your clock when the athlete is called up.

2. Watch the takeoff board to see if the jumper is over the board. In NCAA and high school, it is a foul if you break the vertical plane at the pit end of the board with your foot. In IAAF and USA Track & Field it is not a foul unless you touch beyond the plane if you are using plasticine. Without it the USATF rule is the same as the NCAA and high school, i.e. breaking the plane.
3. It is no longer a foul if the trailing leg touches the runway in the triple jump.
4. Watch jumper to make sure he doesn't hit the runway on his way into the pit.
5. In the triple jump confirm that in the first jump the jumper lands on the same foot as the competitor took off from behind the board; in the second jump lands on the opposite foot from which the competitor took off, and in the third jump lands in the landing area with either or both feet.
6. Mark the contact point closest to the takeoff board made by the jumper until he leaves the pit.
7. If fair raise the white flag when the jumper has left the pit. If foul, raise the red flag. Stand on the runway or put a cone out while the pit is being raked.
8. If fair, measure and then stand in center of runway or place a cone there until pit is ready for next jumper.
9. Call up next jumper only when the pit is ready. Remove the cone or step off the runway at that time to indicate the start of the athlete's time period.
10. It is not a foul to run off the runway as long as the plane at the takeoff board is not broken.

MEASUREMENT:

1. Jumping and most throwing events should be measured in meters and nearest shorter centimeter or imperially to the nearest shorter 1/4" in all competitions.
2. Only in High school events are the discus, hammer and javelin measured either the nearest shorter even centimeter or the nearest shorter inch.
3. Record the measurement clearly on the event sheet and if room record the English reading (if same zero on tape) at the side. This can help sort out a problem if there is an error in the recorded figures.
4. Either a fiberglass or steel tape can be used. A lot of officials use a steel tape for the shot put, and the jumps but it is not mandatory. USATF, IAAF and the NCAA require the use of a steel tape for measuring records.
5. All throws are measured from the inside edge of the foul line, arc or toe board to the closest mark or indent in the field made by the implement. In the horizontal jumps the trial is measured from the closest mark perpendicularly to the edge of the takeoff board closest to the pit. In the vertical jumps, you measure perpendicularly to the lowest point of the upper surface of the bar. Note, this need not be at the center. Remember the perpendicular distance is the shortest distance between two points.
6. The tape should be laid out so the roll is near the circle, takeoff board or arc and the zero end in the field so the tape can be read at the line.
7. The field official should always mark the throw unless there is an obvious foul. Then measure from the mark. A screwdriver or barbecue skewer is a convenient marker.
8. The field official should set the tape and let the tape puller straighten it. But let him know if it does not appear to be straight. Once the tape is tight most of the tension should be released. Remember you're a team. In high winds or long grass you may have to straighten the tape part way in. In such situations it is important to keep the tape close to the ground. For the throws the tape should be pulled through the center of the circle or arc. On the horizontal jumps the tape should be perpendicular to the takeoff board. Use a yardstick to extend the board in necessary.
9. Make all measurements immediately. Announce the measurement clearly so both the athletes and the recorder can hear. Have the recorder repeat the number. In big meets the reader should also record the value as backup. Have two officials read the tape whenever possible.
10. If the throw is a record then you will need a steel tape and confirmation by three certified officials under the supervision of

the field referee. The referee or head judge should verify the mark at both ends so don't pull up the mark too fast. Likewise you will need to impound the implement and have it rechecked as soon as possible so it can be reused in the competition.

11. Remove the mark in the field only when the circle, foul line or board official has gotten up and left the board or circle area. (See USA Track & Field rules 260, 261.3, 262, and 264) Don't be in a hurry on a long throw or jump, which is close to a record distance.
12. The recorder should be on the left side of the circle as you face the field or pit (since most tapes read from that side) and write down the measurement read and repeat it as written. The reader should acknowledge that the correct reading has been recorded by announcing what the reader recorded.
13. In filling out the scoring sheet for the throws or horizontal jumps, the recorder should use F for fouls, P or - for a passed attempt and record the distance as follows: For feet and inches, 16'-4 1/2" and for meters and centimeters 16.37 m.
14. In the vertical jumps measurements, even for records, are made only before the jump. Only when the standards move up or down do you need to measure the height. At a record height you should remeasure each time the bar is hit or displaced. All records but high school records must use a steel tape or a scientific device.

CONTINUING COMPETITION:

Continue on until all preliminary throws are taken. If a field event competitor is entered but late for the start of the competition, the competitor will not be allowed to take missed trials but may take any remaining ones for which the athlete qualifies. In High school and collegiate competitions athletes must be present or excused at the start of the competition, no matter which flight they are in or they are to be scratched from that competition. (NCAA 6.2.2, HS 4.1.2&3) If a second flight then let them warm up and proceed again. Warm-ups for all flights and before the finals should be the same length. When you have all preliminaries complete or finals if less than 8, score the places. Have someone else check the scoring when the recorder has finished. Announce the finalists and let them warm-up. Continue as before, giving each finalist an additional three throws or jumps. If only one flight or all finalists are in the last flight, then there should not be a warm-up period.

AFTER THE COMPETITION:

1. When the finals are complete do the scoring and checks and get the officials to sign the sheet. Note all attempts count. If there should be a tie then use the value of their second best throw or horizontal jump to break the tie. For pole vault and high jump in all but high school competitions (where there is no tie breaker rule as of 2003) the order for breaking a tie is a) lowest number of attempts at tied height, b) lowest number of total failures up to last height cleared, and c) if first place the jumpers will a jump off, if for another place they will remain tied. Remember passes don't count. The jump off is another jump at the lowest height attempted above the height at which any of those involved in the tie failed. If no decision then the bar will be lowered or raised to heights set by the rulebook (see previous section on Ties/Places). There will be one jump at each height, which must be taken until it is settled.
2. Announce the results to the competitors and then give the results to the runner or the announcer.
3. Close up the venue so no one will use it without supervision until after the meet. This can be done by putting a cone in the ring, on the runway, taking down the bar or closing the cage.
4. Check in with the head field judge or referee to see if you are needed to officiate at another event.

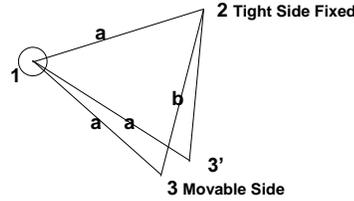
SUGGESTED PERSONAL EQUIPMENT LIST FOR FIELD OFFICIALS

Pens or Pencils *
 Clip Board*
 Highlighter
 Field Event Forms
 Tapes for shot, horizontal jumps, weight: 30 meter,

preferably steel*)
 Long Throws 300/92 meter Fiberglass
 Long Throws 100 meter, steel tape for records
 Vertical Jumps, 5/10 meter steel tape*

Level (High Jump)
 Plumb Bob (High Jump)
 Measuring Pole (PV and HJ)
 Adhesive or Masking Tape
 Chalk
 Towel
 Markers (screwdrivers)*
 Flags (red, white and yellow)*
 Watch*(Yellow flag)
 Record Forms
 Rule Books*
 Yardstick (LJ & TJ)
 Plasticine (Play Dough LJ & TJ)
 Cone for Circle or Runway
 Foot Mat at Circle to clean feet
 Wind Sock (HJ , PV, LJ, TJ, Discus, Javelin)
 * Should always have these as a minimum.

EXAMPLE OF LAYOUT PROCEDURE



Line 1-2 = 100.000 m Line 2-3 = 62.052m
 Line 1-3 = 100.000 m Line 2-3' = 60.000 m
 Line 1-3' = 100.000 m

1. Layout the tightest sector line first (shown here as the left one). If neither is tight then just lay out a line from the center of the circle, i.e. point 1 out 100 meters to point 2. Line 1-2.
2. Measure from the inside of the sector line over to the inside of the other sector line with tape and mark as point 3'. This distance should be 60.00 m if 34.92 degree sector, 68.404 m if 40 degrees sector and 100 m if a 60 degree sector and 50 m if a javelin sector (28.95 degrees).
3. Run a line or a second tape from the center at point 1 to point 3' and then measure out 100 m along that line and mark 3". If you have two tapes you can get the point immediately by running one tape out from the center of the circle and one from point 2 at the appropriate length.
4. If 3' and 3" coincide then you are through.
5. If not then use tapes from 1 to 3 and 2 to 3 until they meet at the appropriate distance. Note point 3 is always 100 m from point 1 in all cases. This is point 3 and is the inside of the other sector line.

Alternately use three people and three tapes. The zero end of two of the tapes are held at the center of the circle or the arc for the javelin and then at the selected distance the third tape zero is at one mark, a, and the distance, b, between them is at the other a mark. The lines formed by the inside of the tapes from the circle are the inside of the sector lines. Thus the sector lines are painted outside these lines. If the painter uses the line as the center of his lines then move them apart 5 more cm. If the painter can go just outside the line then use as is. The further out you go the more accurate your sector lines. Always run your sector lines at least a few meters beyond the further expected throw in the competition.

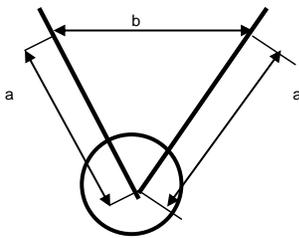
LAYOUT AND DIMENSIONS FOR A THROWING SECTOR

There are five different sectors in use, namely 28.95, 34.92, 40, 60 and 65.5 degrees. See table on page 18. Each is laid out the same way.

Formulae where a is distance from center of circle or arc to point on inside of sector line and b is the distance from inside of one sector line to the point on the other sector which is also a units from the center of the arc or circle.

Sector	Event	Jurisdiction	Formula
28.95	Javelin	All	$b=0.5*a=a/2$
34.92	All but Javelin	NCAA/IAAF/ USATF*	$b=0.6*a$
40	Most except Hammer in Youth	Youth/HS	$b=0.68404*a$
60	Allowable for shot/Discus off infield	HS	$b=a$
65.5	Shot	HS	$b=1.14286*a$

* Youth will remain at 40 degrees.



GENERAL SECTOR

a = DISTANCE OUT SECTOR LINES
 b = DISTANCE BETWEEN SECTOR LINES

A, meters	28.95 deg	34.92 deg	40 deg	60 deg	65.5 deg
5.000		3.000	3.420	5.000	5.714
8.000	4.000				
10.000	5.000	6.000	6.840	10.000	11.429
15.000	7.500	9.000	10.261	15.000	17.143
20.000	10.000	12.000	13.681	20.000	22.857
25.000	12.500	15.000	17.101	25.000	28.572
50.000	25.000	30.000	34.202	50.000	
75.000	37.500	45.000	51.303	75.000	
100.000	50.000	60.000	68.404	100.000	

HORIZONTAL JUMPS OFFICIATING CLINIC

LONG JUMP AND TRIPLE JUMP

INTRODUCTION:

There are only a few differences between the general rules governing all field events and those for horizontal jumps. The officials in these events must groom the facilities more often and pay particular attention to the accuracy of their measurements since they are measured from the first break in the sand. The long and triple jump share common facilities. For both events the runway is of unlimited length and 1.22 m (4 feet) wide in all. The level of the sand in the landing pit should be the same as the height of the takeoff board or runway. This will insure that the measured distance of any jump is only the distance jumped. The takeoff board for the long jump is at least 1 meter and not more than 3 meters from the pit. The recommended pit is at least 2.75 meters or 9 feet wide and the end is a least 10 meters or 32 feet and 9 inches from the takeoff board. You may have more than one board marked on or placed in the runway, particularly for age group and high school competitions. In the triple jump there are usually two or more boards to handle the different levels of competition. The NCAA limited the number of boards to two per gender. At the beginning of the event, the recorder should have the athletes declare which board they intend to use so that the judges can be properly positioned. Because of the length of the runway it is good to have the recorder near the athletes or if you have enough officials have a coordinator with the athletes. Either the recorder or the athlete should indicate which of the boards will be used before each jump. It is helpful to have numbers on or near each of the boards for reference purposes and cones to mark the board to be used for that particular jump. In major competitions this isn't a problem since there is usually only one long jump board and a men's and a women's triple jump board but in other level meets you will probably have at least three boards in the triple jump, several of which you may have had to lay out before the start of the competition based on the jumpers ability. This should be done when the athletes first report and before warm-ups begin.

MEASUREMENT:

All jumps are measured at right angles from the take-off board or the extension of the take-off board to the nearest break in the landing area made by any part of the competitor. A yardstick or straightedge is useful to extend the take-off line when the mark in the pit is to either side of the runway. After the competitor has left the pit, the pit judge determines which mark is the closest to the front of the pit (if still undecided, the judge should ask the head judge for assistance, if still undecided then both are measured and the shorter of the two recorded). The pit official then enters the pit beyond the marks so as not to disturb them. With a spike and the zero end of the tape, he or she places the spike in the sand at the mark closest to the front of the pit. The zero is then placed next to the spike. The tape can be either held or also spiked. The reason for the two spikes is that sometimes in placing the spike or measuring the original mark may be affected. One of the officials at the takeoff board should check to make sure the tape is perpendicular to the board, i.e. parallel to the sides of the runway. Measurements are made to the nearest shorter centimeter or quarter inch. It is important that this be followed even if it is only a millimeter short because it is very common to have ties in the horizontal jumps so that the second or even the third jump may determine a place or the winner. Measurements can be made with either a fiberglass tape or a steel tape.

To help determine if there has been a foul at the takeoff board, many facilities and USA Track & Field, and IAAF allow and in fact, encourage, the use of a plasticine tray. This or a similar material such as play dough or sand can be placed in a tray or on the runway in the case of sand just beyond the takeoff board toward the pit to record the imprint of the competitors shoe or spike mark. If such imprint devices are used, make sure to smooth all marks between each jump.

AID:

Competitors are not allowed to place any marks on the runway or in or around the landing area. However, marks may be placed along side the runway. In an IAAF or USATF competition you are limited to two marks before the takeoff point. High school is limited to one and NCAA has no limit and in either case can be anywhere along the runway or the pit. Shoes are not acceptable markers in the NCAA. A flag indicating wind direction should be installed near the take off board for USATF and IAAF meets and is good practice in others although not required.

FOULS:

It is considered a foul if the competitor:

1. Touches the ground beyond the takeoff board, beyond the sides of the runway or the takeoff line extended with any part of the body whether running up without jumping or in the act of jumping. This includes hitting the runway at the edge of the pit before entering the pit. Note that the USATF and IAAF rules say touch the ground beyond the board if using plasticine, while if no plasticine then the USATF and NCAA rules says breaks the plane so that the shoe extended beyond the foul line, touching or not is a foul. The high school rule says either is a foul. (Note with the new shoes it is possible to be over the board as seen with the naked eye but not leave a mark because the toes of some jumping shoes curl up. Thus USATF without plasticine(185.4(b)), the NCAA and High School do not allow the plane at the stop board to be broken with or without touching. To make the rules more consistent, the angle of the plasticine board has been increased to 45 deg in 2002 for USATF and IAAF, thus making it harder not to leave a mark if a shoe breaks the plane. The NCAA has not angle. (1-6-5).
2. Takes off to either side of the takeoff board, whether beyond or behind the takeoff line extended.
3. In the course of landing, touches the ground outside the landing area nearer to the takeoff line extended than the nearest break in the landing area made by the jumper.
4. After completing the jump the jumper walks back into the landing area before leaving the pit. This includes walking out of the front of the pit. The reason is to make sure the landing area is protected so that a fair mark can be measured.
5. Employs any form of somersaulting while in the air during the jump.
6. Uses weights or grips of any kind.
7. Exceeds the 60-second time limit.
8. Note it is not a foul to run off the runway or on the line as long as the plane at the toe board is not broken.

For the Triple Jump the following additional rule applies:

9. The triple jumper must land first on the same foot used on the take-off. The other foot must be used for the second landing, and either or both feet may be used for the third landing in the pit. There is no longer a foul if the trailing leg drags or hits the ground, since it is not an advantage.

WINDGAUGE OPERATION:

In both events a wind reading must be recorded for each of the jumps. The windgauge operator needs to be kept informed about passes or changes in order so that the wind readings will be recorded for the proper jumper. Normally the windgauge operator keeps a separate sheet. Operation of the windgauge can be done remotely. The wind velocity is measured in the direction of the runway. The maximum allowed for a record is 2 meters per second (4 m/s in combined events- see special rules for averaging). The gauge should be set up 20 meters from the takeoff board and within two meters of the runway for both the long jump and the triple jump. It should be about 1.22 meters (4 feet) high. The average wind velocity shall be measured for a period of 5 seconds, commencing 40 meters from the takeoff board for the long jump and 35 meters for the triple jump. If the competitor runs less than these distances then the gauge should be started from the time the athlete commences his or her run.

RUNWAY SPECIFICATIONS:

The length is unlimited for both horizontal jumps in all. It must be at least 40 meters (130 feet 3 inches) in USATF and IAAF competitions. Forty-five meters are recommended. The minimum distance is 39.63 meters (130 feet) in NCAA and high school competitions. This distance is measured from the scratch line. It should be between 1.22 (4 feet) and 1.25 (4 feet 1/8 inch) meters wide for all except in high school where it can be 42 inches. It should be bordered with white lines 50 mm (2 inches) wide. There is no specification for the material for the runway. But it can only be inclined laterally 1:100 and 1:1000 in the direction of running. High school rules do allow slightly more lateral variation at 2:100.

TAKEOFF BOARD STANDARDS FOR THE TRIPLE JUMP:

The placement of the takeoff board depends on the caliber of the competition. These are the recommended distances from the takeoff board to the start of the pit in the various rulebooks.

	WOMEN	MENT
Intermediate	8M (26 ' 3 ")	10M (33 ')
Young	8M (26 ' 3 ")	10M (33 ')
Youth	7M (23 ')	7M (23 't)
High School	24 ')	32 ')
NCAA (min.)	8.53M (28 ')	10.97 M (36 ')
Recommend	10.97 M (36 ')	12.5 M (41 ')
USATF/IAAF	10 M (33 ')	13.0 m (42 ')

The board should be of wood or other suitable rigid material and shall measure 1.21 to 1.22 meters long (4 feet) and 198 to 202 mm (~8 inches) wide and 100 mm deep. High school rules allow a width from 8 to 24 inches. It shall be painted white and level with the runway and therefore the top of the sand in the pit.

There are specifications for the Plasticine board also which changed in 2002 for USATF and IAAF, which are the only ones that normally use them. In Youth and high school other materials such as sand or dirt can be used to aid marking.

TAKEOFF BOARD STANDARDS FOR THE LONG JUMP:

	RECOMMENDED	MAXIMUM
IAAF	1 M	3 M
USATF	1 M	4.5 M
NCAA	1 M	3.66 M (12')
Youth	1 M	4.5 M
High School	8 FEET - GIRLS	
	12 FEET-BOYS	

PIT SPECIFICATIONS:

The IAAF and USATF recommended in the long jump that the distance between the take-off board and the end of the landing area shall be at least 10 meters and that the landing area should have a minimum width of 2 meters 75 centimeters and a maximum of 3 meters. In the triple jump the recommended distance is 21 meters.

APPLICABLE MAJOR RULE REFERENCES:

	LONG JUMP	TRIPLE JUMP
IAAF	184,185	184, 186
USA(Open, Masters)	184, 185	184,186
(Youth)	302.5.b & d	302.5.b & d
NCAA	1.6,6.7	1.6, 6.7
HIGH SCHOOL	7.6	7.6

NOTE: There are other applicable general field event sections that you should know although most of the specific information is covered above. Be familiar with each of the rulebooks. Each is organized differently.

NUMBER OF OFFICIALS FOR HORIZONTAL JUMPS

	MINIMUM	NORMAL	MAJOR MEET
HEAD	1/3	1	1

RECORDER/MEASURER	1/3	1	1
PLASTICINE OFFICIAL	-	-	1
RAKER	1/2	1	2
MARKER	1/2	1	1
TIMER/RUNWAY	1/3	1	1
CONTROL			
TOTAL	2	5	7

EQUIPMENT:

Brooms	Cones	Flags-Red,White, Yellow
Rakes	Foot Marking Soles	Pit Marker
Clipboard	Pens, Pencils	Level
Board Puller	Screwdrivers	Wrench
Yardstick	Tongue Depressors	Plasticine Tools
Megaphone	Rulebook	Stop Watch
30M Fiberglass or Steel Tape		Adhesive Tape
Duct Tape	Chair	Conversion Table Metric to English
2 gal Plastic Bag for Paper Rain Cover		
Garbage Bag for Officiating bag Cover		
Competitor Instruction Check List		
Equipment Check List		
Marking Pens	Record Forms	Field Event Forms

VERTICAL JUMP OFFICIATING CLINIC

HIGH JUMP & POLE VAULT

INTRODUCTION:

The vertical jumps encompass the events of high jump and pole vault. Many of the same rules apply to both so they are often combined as an area of officiating expertise. However, in practice usually you end up having to choose one or the other because of time constraints. Both can be rather long events since the number of attempts depends as much on the quantity and quality of the field and the starting height as anything else. The variations in the rules between the governing bodies are greater for the vertical jumps than any other event. Generally a good jumper will take between 7 and 10 attempts during the competition although the younger athletes sometimes have 15 or more.

The fact that field events generally require athletes to combine the talents of speed, strength and control, is particularly true of the vertical jumps which require the speed of a sprinter, strength of a hurdler and control beyond most other events. Because of the time factor, the vertical jumps have priority over other field events just as running events have priority over field events. However, a round is completed when everyone has made, passed or failed at a height. Competition in the vertical jumps should not be held up by the absence of an athlete as described below.

CALL UP/TIMING:

The following table summarizes the different time limits for vertical jumps. With the recent changes in NCAA, USATF and IAAF rules, there are even more differences. The high school rules have remained the same. When the competition gets down to 2 or 3 competitors then the time increment is twice that when there are more than 3 jumpers.

	Time in Minutes for Trials			
	- OPEN -		MULTI-EVENTS ¹⁾	
	HJ	PV	HJ	PV
Greater than 3				
USATF/IAAF	1	1	1	1
NCAA	1	1	1	1
HS	1	1 1/2	1	1 1/2
If 2-3 remaining ²⁾				
USATF/IAAF	1 1/2	2	1 1/2	2
NCAA	2	3	1 ¹⁾	1 ¹⁾
HS	3	4	3	4
If 1 remaining				
USATF/IAAF	3	5	3 ⁴⁾	5 ⁴⁾
NCAA	4	5	2 ³⁾	3 ⁴⁾
HS	5	6	5	6
CONSECUTIVE ATTEMPTS				
USATF/IAAF	2	3	2	3
NCAA	2	3	2	3
HS ⁵⁾	-	-	-	-
WARNING				
USATF/IAAF	1/4	1/4	1/4	1/4
NCAA	1/2	1/2	1/2	1/2
HS ⁵⁾	-	-	-	-

Table Footnotes:

- 1) Note difference in rules.
- 2) Note to be fair to all competitors this change occurs when a new round is started with only 2 or 3 remaining then all should be given the extended time for each jump including their first jump.
- 3) There is no rule covering this item but with only one remaining, apply the consecutive jump rule when applicable.
- 4) Same as consecutive attempts after the first attempt which will have the normal time limit unless a consecutive attempt. (Note this normally applies only to vertical jump competitions since other event should not have more than one attempt per round.)
- 5) There is no rule covering this item.

The competitor should not be called up until the crossbar is in place, the pit is adjusted and/or the standards are set at the predetermined values for each individual jumper given. Changes should be communicated before the standards are set, otherwise any resetting will be done as part of the timed trial period. It is not a time foul if the attempt is started before the time has expired. The starting of an attempt is open to some interpretation but if a jumper always does the same thing before starting his or her run up, namely moves his arms back and forth three times, then you should consider he or she to have started his run even though the jumper hasn't taken the first step. If the timing clock or timing light is not visible to the athlete, then an official should indicate to the athlete when there is 15 (30 for NCAA) seconds remaining by raising a yellow flag and/or calling out 15 (30) seconds. In USATF and IAAF meets the flag should be held up until the time has expired. Once the time has started the competitor cannot pass without being charged with a trial. A competitor must pass an attempt before being called up. If the competitor passes after being called up then the competitor will receive a time foul. The subsequent jumper may wait until the time for passing jumper has ended before being called up if he or she so desires. The fact that the athlete gets a foul because of when the pass was announced is important because ties are more common in vertical jumps and because of the way ties are broken.

The time limit increases when the number of competitors is reduced to 2 or 3 jumpers in normal competitions (see table). When there is only one competitor remaining in the competition, the times increase again. This rule does not apply at the end of a round of jumps. However, if there is only one or two jumper at the end of a round, then the consecutive jump rule may apply. This is true in open as well as combined event competitions. Normally the vertical jumps are run in a single continuous flight, in the order drawn by lot. But when there are a lot of competitors the high school rule book does allow for flights. However, the more common procedure is to have a continuous but rotating flight of three to five jumpers in what is called "Three or Five Alive". This procedure is allowable in high school and NCAA competitions. USATF allows rotating flights until the field is reduced to less than 15 competitors if there isn't time to have a qualifying competition. Otherwise both the IAAF and USATF rules call for one continuous flight. In a NCAA meet when the field is fewer than nine then you change to a continuous flight. The change from a rotating flight to a continuous flight should be made at the next height change.

WARM-UP TIMES:

Division	Time/ Jumps	When	Enter
High School	1 Jump at height change w/o bar	3 Consecutive Heights Passes	Must Enter
Youth	1 jump at height change w/o bar as earned	3 Consecutive Heights Passes	No
Masters	1 jump at height change w/o bar as earned	3 Consecutive Heights Passes	No
Open	None		
IAAF	None		
NCAA	1.5 min HJ, 2 min PV at height change w/o bar	One hour since last jump	No

ROTATING FLIGHTS:

In "Five Alive", the first five jumpers open the competition and then as each pass the height, clear the bar or are eliminated then the next competitor in order will be moved up so that the number of competitors remains constant. For example, if competitors a, b, c, d, e, f, g, h and i start the competition, then in a "5 Alive" sequence then jumpers a, b, c, d, e would start the first round. If c was to pass or make the height then I add jumper f after jumper e jumps followed by the second jumps for a, b, d, e and f. If b and d make the height then I would add g and h at the end so the next jumpers would be g and h (first jumps), then a, e and f (third jumps) would jump followed by g and h (second jumps) and finally i (first jump). The next round would be g and h for their third jumps and i for the second jump if needed. There are alternate ways to do this, like adding the new jumper in place of the vacated jumper. But with "Five Alive" I find this too difficult to keep the order clear, since you are jumping all over the recording

sheet. It is, of course, a little easier if there are fewer athletes in the rotation. The other alternate is not to add the new jumper until the following round. The first round as above would be a, b, c, d, e followed by round two of a, b, d, e, f with the third round being a, e, f, g and h. The fourth round would be f, g, h and i followed by g, h and i if none made it in the fourth round. Sometimes it makes sense to add a sixth athlete at the end of a round so there won't be just one left to jump alone.

ABSENCES:

This is being repeated here since misses are so important in vertical jumps. An athlete may obtain permission to compete in some other event, which will require missing his normal turn in the rotation. It is possible for the athlete to take his jump out of turn as long as the bar height is not changed. The bar should be raised to the next height without delay when all but the absent athlete has passed, fouled or made the current height. As the head of the event you should attempt to understand where and how long an athlete expects to be gone so you can effectively run your event. You must balance the needs of the excused athlete with those of the other competitors. Remember the guiding principle is a fair competition for all without an advantage or disadvantage to any. Make the best accommodation you can, knowing all the circumstances. In big meets a stricter interpretation is mandatory to keep the events on time. In international meets and some major national meets, the athlete will have to be accompanied by an official if he leaves the venue unless the athlete is going to another event. The following is a summary of items which are to be considered in high school meets when trying to determine what should be the time allowed to compete in another event. These are also appropriate for consideration in other competitions.

1. The athlete must receive permission to leave from the event judge.
2. The judge may allow the competitor to take a trial out of order before he leaves.
3. The judge should take into account the length of the race or event for which the competitor is being excused.
4. Record the time excused.
5. In the vertical jumps, if the competitor doesn't return by the time the bar is due to go up, the judge will pass the competitor to the next height.
6. Coaches must take into account the limited time allowed to compete in another event when determining the events any individual athlete is entered.
7. The event judge needs to be fair to all competitors, not only the athlete with more than one event.
8. Record the time the excused athlete returns and checks in. In USATF and IAAF meets, if an excused athlete doesn't return by the time the bar is to be moved then once the time for the jump has elapsed then the athlete should be deemed to have passed the height.

AID:

As an aid in the vertical jumps a windsack should be placed near the takeoff point to enable the competitors to determine the approximate direction and strength of the wind.

Gloves are allowed only in NCAA pole vault events(6-6-4). NCAA and high school only allow taping of the pole with two layers of tape and use of a sticky substance on your hands and the pole. Tape should not provide a handhold. However, fore arm protectors, taping of wrists and/or headgear protection are acceptable. Multiple layers of tape on the bottom of the pole are acceptable. There is no longer a restriction (2004) on pole taping for USATF and IAAF.

In both vertical jumps either one or two markers may be used. In the pole vault they must be placed along side but not on the runway. In the high jump they can be placed anywhere except in the NCAA which for high school restricts the location as not being closer than 2 meter from the standards. Likewise in high school competitions the Games Committee can set the limit and locations in the high jump. Warm up jumps are allowed without the bar as follows:

High School: One warm-up jump at the height change when entering the competition if passed three consecutive heights.

NCAA: Warm-up time of 90 seconds for high jump and two minutes for pole vault is allowed between height changes if one hour has elapsed since the jumper's last jump.

Youth and Master: One warm-up jump taken at time earned, if pass three consecutive heights. They can not be saved.

USE OF FLAGS:

In the vertical jumps flags are used in preference to verbal commands because of the length of runways. Their use is the same as for other field events following the jump. In addition a white flag is used to tell the recorder that the pit and standards are ready so he can call up the next jumper, a red one is used to hold up that call up. Alternately you can stand on the runway till the pit is ready or you can place and remove a cone on the runway as a means of regulating its use.

SAFETY:

Always be attentive when you are around the jumping areas particularly for other field or track events, which might impact yours. Field events can be dangerous if you are hit with any of the implements. Do not cross runways or run-up areas during a competition. Always keep your eye on the runway. If possible have run-up areas flagged off. Be prepared for the unexpected. Pay particular attention during the warm-up period since the time between jumps is much shorter and your attention may be diverted with the multiple activities occurring. For the most part try to keep warm-ups in a safe area, usually on the runway or apron. Continuously monitor the pads to make sure they aren't moving. Readjust them as needed. Make sure the area is clear of items that might cause injury. Monitor the zero point line and the marking on the pad to insure they align. In high school there are restrictions on the type and weight classifications for poles. It is the athlete's and the coach's responsibility. An athlete can only use a competition label pole rated for his or her weight during competition. Training poles, which have a wider weight range, are not allowed. The event judge must approve the use of a pole of another competitor and verify if its weight is appropriate. Make sure all areas, particular vertical jump area, are free of hazards. All hard surfaces in and around vertical jump areas must be padded. The practice of tapping to assist the vaulter at takeoff should not be allowed even in warm-up. In fact the NCAA has made tapping a disqualification offense.

It is no longer allowable to set the pole value standards in front of zero. This is because the apex of the jump will be in front of the pad and pole plant point, increasing the chances of the jumper, particularly a beginning jumper, coming down in front of the pad and thereby being injured. The following table gives you the current allowable setting for each jurisdiction.

Rulebook	Minimum	Maximum
High School	40cm (15.5 ")	80 cm (31.5")
NCAA	45cm (18")	80 cm (31.5")
USATF	0 cm	80 cm
USATF Youth	30cm (12")	80cm
IAAF	0 cm	80 cm

Note that the zero mark is considered to be at the vertical plane of the end of the pole planting box.

Because of the inherent danger in vertical jumps, particularly the pole vault, all rulebooks now recommend that a special coaches viewing area be set up near the pole vault venue.

TIES/PLACES:

In the case of a tie, for the last qualifying position in IAAF or USATF meets, you take all true ties to the competition proper. But first you apply the tie-breaking rules, without the jump off provision, to determine who is tied. There are no qualifying procedures in either the NCAA or high school so if there were a need, the Games Committee would set such standards.

In the case of a tie at the end of the event, it is broken first by the least number of misses at the tying height and if still tied then by the total number of misses in the event. If there is still a tie and it is not for first place then those tied are awarded the same place. But if it is for first place then the tying competitors would get additional jumps until the tie for first place is broken. In practice this is done by having the tying competitors take another attempt at the lowest height attempted by any of those tying which is above the tying height. If the tie still remains then the bar will be lowered or raised by the amount shown in the table below for each governing body. The bar is raised by the increment if the height is cleared and lowered if the height is missed until the tie is broken. There is no passing in a jump off. If there is a qualifying position for another meet then ties for a lower position may need to be broken. To give the athletes the best chance, I recommend that those tying for that position be given a fourth attempt at the height that they went out at while they are warm. If the tie is broken fine, if not then have them come back at the end of the competition to break the tie. Do not have more than one jump during the competition to break the ties so that you don't delay the remainder of the competition.

Tie Breaking Increments

Rulebook	High Jump	Pole Vault
USATF/IAAF	2 cm	5 cm
High School	1 in	3 in
NCAA	3 cm	8 cm

Each competitor will be credited with the best of all his jumps including jumps, which are part of a tie breaking competition.

COMPETITION	TOTAL JUMP OFF PLACE MISSES										
	1.75M	1.80M	1.83M	1.86M	1.88M	1.90M	1.88M	1.86M	1.88M		
A	O	O	XO	XO	XXX	2	X	O	X	2	
B	P	O	XO	XO	P	XXX	2	X	O	O	1
C	XO	O	XO	XO	XXX	3					3
D	P	XO	XO	XO	P	XXX	3				3
E	XXO	O	XXO	P	XXX	4					5

Where X = FAIL O = CLEARED P = PASS

STANDARDS/CROSSBAR:

The starting height for the crossbar and successive increment are normally set by the Games Committee and should be announced to the jumpers before the start of the competition, preferably at the start of the warm up period. Under USA Track & Field and IAAF jurisdictions the bar must go up at least 2 cm at a time in the high jump and at least 5 cm in the pole vault unless there is only a single competitor remaining. The increment should never be increased over the starting increment, it can decrease.

Typical increments used are

Rulebook	High Jump	Pole Vault
Youth(Req.)	5 cm	15 cm
USATF/IAAF(min.)	2 cm	5 cm
USATF/IAAF (Multi/Req.)	3 cm	10 cm
High School	2 in	6 in
NCAA	5 cm	15 cm
NCAA (Multi/Req.)	3 cm	10 cm

The minimum value must be used until there is only one competitor and for multievents, only the increment shown can be used throughout the competition.

Standards in the high jump should not be moved once the competition begins and so their location should be marked so they can be replaced if moved. If they must be moved because of damage to the jumping surface, it should be done only after a round has been completed. There should be at least 10 mm (0.4 in) between the end of the crossbar and the uprights. In the high jump the crossbar holders face each other.

Standards in the pole vault are moved for each competitor and normally move back as the height goes up since the apex of the

jump has to move back as the pole gets longer and the vault higher. The pegs in the pole vault face the pit. The pegs are 55mm long for all but high school competitions which are 75mm. Note the pad behind the box should be a maximum of between 10 and 15 cm back to allow for the bend of the pole. Back further leaves too much room for possible injury. A collar is required for HS and college competitions if there is area around the box which is not covered.

OFFICIALS NEEDS:

HIGH JUMP	MINIMUM	NORMAL	MAJOR MEET
HEAD	1/3	1/2	1
RECORDER	1/3	1	1
BAR/FOULS	1/2	1	1
SET THE BAR	1/2	1	1
RUNWAY	1/3	1/2	1
CONTROL/TIMER			
TOTAL	2	4	5

The activities in the high jump are for the two judges at the bar to rule on all trials, determine contact with the bar, measure the height and replace the bar and straighten the pit. The runway judge acts as marshal and keeps the time. The recorder keeps track of the jumps and calls up the competitors.

POLE VAULT	MINIMUM	NORMAL	MAJOR MEET
HEAD	1/3	1	1
RECORDER	1/3	1/2	1/2
STANDARDS/SET/FOULS	1	1	1
SET THE BAR	1	1	1
POLE CATCHER	1/3	1	1
RUNWAY	-	1	1
CONTROL/TIMER			
TAKEOFF OBSERVER	-	1/2	1/2
TOTAL	3	6	6

The activities for the pole vault officials include observing the takeoff area, rule on all trials, measure the height, determine contact with the crossbar, observe hands, enforce the time limit, control the runway, catch the pole, retrieve and replace cross bar, move standards and straighten pit, monitoring the relative position of the zero point and the pit.

MEASUREMENT:

Measurement of the height of the crossbar should be made with a fiberglass or steel tape or bar graduated in centimeters. The measurement is made perpendicular from the ground to the lowest point of the upper side of the bar. Note this is usually the center but it need not be. You need to determine the low point of whichever side you will be using for the upper surface before the start of the competition. This can be done by taking several measurements along the length of the bar as well as sighting down it to find the location of the low point. Measurements should be made whenever the bar is moved to a new height. The measurement of the pole vault must occur when the standards are at zero to insure that the pole is perpendicular. For a record: the bar must be measured before the attempt if the bar has been disturbed since it was last measured. Remeasured following a record is no longer required. Use a steel tape for all records. Only the high school rules do not require a steel tape to be used. In IAAF and USATF meets, the ends of cross bars will be semicircular so that they can be put on only one way. Pole vault is best measured with a graduated or measured bar except at the lowest heights. Such a device can be made from a paint roller and a paint roller extender.

EQUIPMENT SPECIFICATIONS:

The specifications shown are generally minimums for the pit pads.

HIGH JUMP	PIT	CROSSBAR	SHAPE
HS	4.80X2.40X0.60M	3.66 TO 4.52M	CIRCULAR, SQUARE, TRIANGULAR
NCAA	4.88X2.44X0.66M	4.00M	CIRCULAR 25 TO 30 MM
USA T&F	6.00X4.00X0.71M	3.98 TO 4.02M	CIRCULAR 29 TO 31 MM
IAAF	6.00X4.00Mx0.7M	3.98 TO 4.02M	CIRCULAR 29 TO 31 MM

HIGH SCHOOL	RUNWAY	50 ft. diam
NCAA	Semicircle	15 to 21.3 M diam
USA T&F	150 deg arc	18M to unlimited
IAAF		15 TO 25 M

POLE VAULT	PIT	CROSS BAR	SHAPE
HS	6MWX5MD	4.52M	CIRCULAR, SQUARE, TRIANGULAR
NCAA	6MWX 5MDX0.81M	4.48 TO 4.52M	CIRCULAR 25 TO 30 MM
USATF	6 MWX6.15MDX0.81M	4.48 TO 4.52M	CIRCULAR 29 TO 31 MM
IAAF	6.00MWX6.00MDx0.8M	4.48 TO 4.52M	CIRCULAR 29 TO 31 MM

Pegs NCAA, USATF, IAAF 55mm in length. HS 3 in or 76 mm
Collar for HS and NCAA where no pit coverage around box.

	RUNWAY LENGTH	WIDTH HIGH SCHOOL
NCAA	40.0 TO 45.0M	1.07M
USA T&F	38.1M TO UNLIMITED	NONE SPECIFIED
IAAF	45.0M TO UNLIMITED	1.22 TO 1.25M
	40.0M,45.0M TO UNLIMITED	1.22 TO 1.25M

Note Metal crossbars are no longer allowed in High School, and USATF.
The crossbar end pieces for USATF and IAAF shall have a semicircular cross-section and shall be hard and smooth starting 2003.

STEP BY STEP GUIDE FOR FIELD OFFICIALS ON THE DAY OF COMPETITION

This section repeats most of the information in the previous section but deals with the activities a vertical jump field official should do each time he or she is scheduled to work a competition. The difference between the various sanctioning bodies is pointed out at appropriate points.

BEFORE COMPETITION:

1. Read the applicable rules the night before the competition. Remember the words "must" and "shall" means it is compulsory, while "should" means it is hoped the rule will be followed but it is not essential. Pay particular attention to increments for bar changes, and timing for jumps. Vertical jumps have more differences than other field events.
2. Arrive early, at least 45 minutes before the event in scheduled. If possible 60 minutes or more is recommended. You need time to check and or set up the pit before the athletes arrive.
3. Check in first with the Head Field judge to see if there are any special rules or notes for the day, like a decision by the Games Committee to run the event using a rotating flight. Pick up the event sheet.
4. Check out the facilities:
 - a. Check the runway and pads to see if they are clean, placed correctly, dry and in good repair. Make sure pads are securely fastened together and the top pad is correctly positioned so as not to interfere with the standards or the pole. Check to make sure stands and other exposed sharp edges or metal is padded. Check the location versus zero line or foul line.
 - b. Check the runway and normal walking areas for any tripping hazards or standing water. Remove any markers left on the runways from previous competitions.
 - c. Check to make sure you have needed brooms, tapes, markers, forms, pens, flags, watch, ladders, performance indicator boards, wind indicator flag and recorder stand.
 - d. Check the standards to make sure they work properly, the markings are accurate and that they are set right. Check the length of the crossbar. Check the location of the landing pit

and adjust as needed. The IAAF and NCAA suggests that at least 10 cm exist between the uprights and the pad in the high jump and the same for the landing pad from the back of the pole vault box (10-15 cm). Make sure the standards and their zero indication line up with the zero line for the pole vault box. Check the distance between the bar and the standards at the starting height and the expected winning height to make sure the standards are spaced correctly. Most standards are bent and may move in at higher heights. When layout is finalized, mark the location of the standards and mark the bottom and front of the crossbar. Check the crossbar to find the side with the least sag. Mark both ends so the same side will always be up. Find the low point of the crossbar and mark the position on both the bar and the jumping surface directly below that point on the bar using a plumb bob. The low point need not be the center of the bar. Make sure when the bar is level that both standards read the same. Note if you change a bar during the competition, the standards may read differently since the new bar may sag more or less. If necessary remark or reset the standards so they read correctly.

5. Erect barriers when possible to keep everyone but officiating field officials off the runway or jumping area.
6. Have athletes check in with the head event official and make sure to ask if they will need to be excused during this event to compete in another. Explain to them the rule on absence, particularly how it will be applied by you in this meet. This is an area of much misunderstanding since the rule varies from sanctioning body to sanctioning body.
7. Announce the competition order, the warm-up time and the starting height. Order should be set by the Games Committee. If not, it should be done by lot.

WARM-UP TIME:

1. Only warm up with officials in place.
2. Always close the warm-up period off about with 2-3 minutes to go, so there is adequate time for instructions. Always give adequate warning of how much warm-up time remains.
3. Assign someone to catch the pole and the location of the last step for both the high jump and the pole vault. Be consistent and do it for all the athletes.
4. At the end of the warm-up period check the height of the bar and be sure it is level.
5. Sweep runway especially at the jump off point.
6. In the high jump check the runways for number and ownership of markings. In USATF, NCAA and IAAF a high jumper can have two marks. The NCAA also requires that they cannot be closer than two meters from a standard. The high school rules leave it up to the Games Committee. Remove all extra marks before the start of the competition. It helps if you make sure the area is clean before warm-ups begin of old marks.
7. Make sure the sideline areas and areas behind the field event are clear of unauthorized people when the competition begins.
8. If the jumper is not entering at the initial height then the NCAA, high school, USATF Youth and Masters rules all allow additional warm-up time at a height change without the bar in place after a certain time period or number of passed heights. For the NCAA, a jumper gets warm-up time using the runway and the pit after an hour of not jumping for 90 seconds for high jump and two minutes for pole vault. In the Masters, Youth and High School it is after three passed heights the competitor may take one jump. Such earned jumps must be taken as earned and can not be accumulated. In high school the competitor only gets the warm-up when entering the competition at that height.

INSTRUCTIONS:

1. Go over how the event will be conducted.
 - a. Tell them the amount of time to begin their attempt - 60 seconds for NCAA, USATF or IAAF and or 90 seconds for high school. Tell them if you will announce 30 second (NCAA) or 15 seconds (IAAF or USATF) remaining mark or just raise the yellow flag. If a trial is started before the time is up it is OK, it need not be completed in the time period. In both the pole vault and high jump the time increment

changes once there are three or less competitors or for consecutive jumps. When the increment changes let the athletes know. See discussion under Timing in the general field section or the timing section in the previous part of the vertical jump clinic.

- b. Tell them that you will indicate ___ is up, ___ is on deck, and ___ is on hold or at the ready. Inform them that it is their responsibility to be ready when called. Explain if you will be using "5 Alive" in rotating flights (only if >15 in USATF and never in IAAF) and if so how you plan to do it and when you will change to a continuous flight.

2. Tell them how they can foul a trial:

Applies to all types of vertical jump competitions:

- a. Over the allotted time.
- b. Breaking the plane formed by the standards and the edge of crossbar near the take off point in the high jump and or the plane extended or the plane projected up from the pole vault box and touching the ground or landing area beyond the plane with any part of the body or with the pole without first clearing the bar.
- c. Dislodging the crossbar with pole or body.
- d. Not indicating intention to pass before being called up.
- e. Use of weights or grips of any kind.
- f. It is a foul in both vertical jumps if a competitor tries to steady the crossbar.

Apply to both vertical jumps but to only certain types of competitions.

- g. In high school events it is a foul in both vertical jumps if a competitor stumbles into the standards and displaces the crossbar, even if the bar has been successfully cleared. This is not true in any of the others.
- h. In the NCAA in both vertical jumps if improperly fastened support slip when a jumper hits the crossbar without displacing it, the head judge will rule no jump and allow another trial. If the bar is displaced it will be a foul.
- i. In the NCAA, USATF or IAAF if the crossbar is displaced by a force other than the jumper before the jumper is over, the competitor shall be given another trial.

Apply to high jump only:

- j. Not jumping from one foot in the high jump.

Apply to pole vault only:

- k. In the pole vault after leaving the ground moves the lower hand above the higher one or slides the upper one higher.
 - l. In NCAA and High School competition it is a foul if a vaulter leaves the ground in an attempt to vault and fails to clear the bar. In USA and IAAF competitions, it is not a foul to leave the ground if the attempt is not otherwise a foul but the time will continue to run.
 - m. It is not a foul or an attempt if during an attempt the pole breaks.
 - n. No one shall be allowed to touch the vaulting pole unless it is falling away from the crossbar or uprights. If it is touched, however, and the head of the event (USA Track & Field and Referee for IAAF) is of the opinion that, but for the intervention, the bar would have been knocked off, then the vault shall be regarded a failure. In high winds the NCAA will allow the pole to be caught if in the opinion of the head official, the pole might blow into the bar or standards even if it were properly released.
 - o. It is no longer a foul if the pole passes underneath the bar as long as it doesn't touch the bar.
 - p. In high school you must use a competition pole rated for your weight both during warm-up and the competition. If the pole is improperly marked or too light for your weight, you will be disqualified.
 - q. In high school events it is a foul if the athlete moves the upper hand above the top hand hold band.
3. Check the pole vault poles for two layers of uniform tape only on the portion being held for high school or NCAA. Competitors may not use each other's poles except with the consent of the owner. There are no specifications for vaulting poles.

4. In the pole vault check that tape is not being used on fingers or hands unless to cover an open cut. Taping the wrists or use of a forearm guard is OK. NCAA allows a glove.

5. If not otherwise fouled, a jumper may go back and retry his jump. If this happens, the time will not be reset unless the head event official decides that due to special circumstances it should be.

6. Tell them they can put talc, spray, or similar substance for a better grip or their hands and poles. But they cannot spray their shoes or the runway.

7. Confirm who have another event going on at the same time and explain what they must do when they leave. Explain what you expect and how their absence will be handled.

8. Explain the use of the red and white flags to indicate a fair or foul jump and availability of the pit. Explain the use of the yellow flag for timing.

9. Indicate the increment that the bar will be raised for this competition, including any decreases in the size of the increment at higher heights. Also indicate increment for first place ties. This information is essential so the jumpers can determine their strategy.

10. Read the competing order. Confirm starting height/passes and the initial setting for the pole vault standards for each competitor. This information should be recorded.

11. Line up competitors for introductions if needed.

12. Starting heights should be set to allow for normal progression to records or qualifying heights.

13. Check the number of markers belonging to each athlete. Other than for high school where the Games Committee sets the number, no athlete should have more than two markers. If they do, remove the extra ones. In the NCAA shoes may not be used as markers.

VERTICAL JUMP COMPETITION:

1. Do not call up a competitor until the pit, standards and crossbar are ready for competition. Start your clock when the athlete is called up and do not stop the watch until the jump is completed or fouled.

2. Watch the plane of the standards to make sure it is not broken by the athlete by touching the pit or the ground beyond the plane with any part of the body or the pole without first clearing the bar.

3. Watch that the high jumper takes off from one foot.

4. Watch the vaulter to see if he leaves the ground without clearing the bar, since that is a foul in both the NCAA and high school.

5. The pole vault pole can not be caught unless it is falling away from the bar or standards. Make sure an official is assigned to that duty.

6. Let the crossbar settle down if it is hit before calling the jump fair. When satisfied that the bar will stay in place, indicate with a white flag a fair jump, steady the crossbar and call the next jumper. If a failure, raise the red flag. In USATF and I believe it is the intent of the other rules as well, when it is clear that the bar has been displaced by a force not associate with the competitor (e.g. a gust of wind) then a) if such a displacement occurs after the competitor has cleared the bar without touching it, then the jump should be considered successful and b) if such displacement occurs under any other circumstances a new attempt will be awarded.

7. Make sure that the vaulter does not steady the crossbar.

8. If the bar comes down replace it. Set the pole vault standards at the recorded marks and call the next jumper. If the jumper wants to change the mark then he must inform the proper official before the standards are set or it should be done after he is called up and his time is started.

9. The recorder should make the event sheet as follows:

	Cleared	Failed	Passed
ALL	O	X	-

10. If a competitor passes a trial in an USA Track & Field or an IAAF meet, he or she forfeits his right to jump again at that height. In NCAA and High School you pass only one trial at a time unless the jumper indicates otherwise. Remember in high

school, USATF Youth and Masters and NCAA, a jumper may get a run through with the bar down when:

HIGH SCHOOL: If athlete passes three consecutive heights and is entering the competition at this height.

COLLEGE: If an athlete has not taken an attempt in over an hour with the permission of the event official.

USATF Youth and Masters: If an athlete passes three consecutive heights, the run through must be taken as earned.

11.A tardy contestant shall start at the height at the time of his arrival unless he has missed, and therefore passed his first turn at that height, then he can start at the next height in USA Track & Field and IAAF.

12. When all have made the height, move the bar up and check the level and height. The increment for the raise should never increase, although it may be decreased. Read those jumping at the next height to make sure they know the order and who is competing at this height.

MEASUREMENT:

1. Crossbar heights normally should be measured in meters and to the nearest shorter centimeter. If the measurement is in feet and inches, then round to the nearest shorter 1/4 inch.
2. Normally a steel tape should be used and measured from the low point of the upper surface of the crossbar to a point directly below the point on a perpendicular line. Remember this is not necessarily at the mid point of the bar, although it often is.
3. I recommend that two officials read the tape.
4. If the height will be a record then you will need to confirm the measurement by three certified officials under the general supervision of the field referee. In all competitions for a record the bar height must be measured with a steel tape before a jump. High school rules do not require a steel tape but its use is a good practice.

THREE OR FEWER JUMPERS REMAINING IN COMPETITION:

In all cases and in some combined events, when there are three or fewer jumpers remaining in the competition, the time for jumps changes (see table). The increment the bar moves up will remain the same or become less as specified by the Games Committee. Only when an athlete has won the competition (except a combined event) may he or she set the bar. Note if there are two remaining the increment is that set by the Games Committee or you as the head official before the beginning of the event. It is ok to have a large increment at lower heights and then a smaller increment at higher heights. However the minimum increment is 2 cm in the high jump and 5 cm in the pole vault for USATF until only the winner remains (see table pg. 26) unless it is to go to the record height.

AFTER THE COMPETITION:

1. When you are down to two jumpers do the scoring and checks to make sure you know whether you will be in a jump-off situation. In the event of a tie, the procedure for breaking the tie is a) lowest number of attempts at the tying height, b) lowest number of misses up to the last height cleared. Passes don't count for anything. If there is still a tie for first place then the tying competitors will get an additional jump at the lowest height missed by the tying competitors above the tying height. If the tie is not for first place after applying a) and b) then the tie is not broken. More on Scoring is covered in the section TIES /PLACES. When the event is over, get the other officials to sign and check the sheet.
2. Announce the results to the competitors and then give the results to the runner, head field judge or the announcer.
3. Close up the venue so no one will use it without supervision until after the meet. This can be done by putting a cone on the runway and taking the bar down.
4. Check in with the head field judge to see if you or part of your crew is needed to officiate at another event.

APPLICABLE MAJOR RULE REFERENCES:

This is a list of the major rules but there are other sections that you will need to be familiar with to officiate the vertical jumps. You should be familiar with each of the rulebooks that apply to the level of officiating you do.

	HIGH JUMP	POLE VAULT
HIGH SCHOOL	7.2-47.1-3	7.2,7.3,7.5
NCAA	1.4,2.5,6.1-5,7.1.5	1.5,2.6,2.7,6.1-4,6.6, 7.1.5
USATF	180,181,182	180,181,183
IAAF	180,181,182	180,181,183

SUGGESTED PERSONAL EQUIPMENT LIST FOR VERTICAL JUMP OFFICIALS

<u>Minimum Required</u>	<u>Optional</u>
Pens or Pencils	Clip Board
Chalk	Highlighter
Watch	Field Event Forms
Flags (Red and White)	Record Forms
Rule Book	Level (High Jump)
<u>Minimum Required</u>	<u>Optional</u>
5 or 10 Meter Steel Tape	Measuring Pole (HJ & PV)
	Adhesive or Masking Tape
	Towel
	Plumb Bob (HJ)
	Cone for Runway
	Wind Sock
	Yellow Flag (Time)

THROWS OFFICIATING CLINIC

JAVELIN, SHOT, DISCUS, HAMMER & WEIGHT

INTRODUCTION:

The throwing events include the hammer, the weight, the discus, the shot and the javelin. The first four are thrown from a circle and the last from a runway terminated by an arc. This section contains only the special rules applying to the throws and does not include all of the general field rules covered in the section titled Field Event Overview. When officiating in any of the throwing events keep safety in mind first and always. This is safety for you, your officials and your athletes as well as other officials and athletes that could be impacted by your event. This aspect is covered more fully in that section below.

The throwing events are special field events because they include the use of implements which must be measured and checked to make sure that they conform to requirements before the event. Consequently as a throwing event official you will have to know something about the weighing and measuring of the implements. Generally the athletes supply implements. Only in the biggest meets does the Games Committee supply implements. The NCAA and USATF require recertification of implements following a record throw.

Not all of the throwing events are contested at each level. Recently in the East, Washington and California some high school invitational competitions have begun to include the hammer. The javelin is not a high school event in most states including California although it is thrown in the local USA Track & Field youth programs. The weight is normally thrown indoors but also can be contested outdoors. As a guide use either the Open USA Track & Field or NCAA rules. Implement specifications for all of the throwing events are available in the USA Track & Field rules even if the particular jurisdiction does not presently have specification covering the event, i.e. high school hammer. Likewise the USATF Equipment and Facilities Specifications Committee, which is a subcommittee of the National Official Committee, publish a Weights and Measures Handbook and newsletter which covers the subject in significant detail for those interested. Copies are available by contacting George Kleeman, 5104 Alhambra Valley Road, Martinez, CA 94553-9773, and e-mail georgeklee@aol.com.

SAFETY:

Always be attentive when you are on the field (or track). Field events can be dangerous if you are hit with any of the implements. You can be killed or seriously injured. Do not cross runways or field impact areas during a competition. Always keep your eye on the runway or the circle. Be prepared for the unexpected. Particular attention must be paid during the warm-up period since the time between throws is much shorter. If you are in the impact area, position yourself so the implement will land to the side and slightly in front of you. Remember many of the implements tend to skip when they land so never be directly behind them. Be attentive to the wind direction and whether the thrower is left or right handed since both facts may impact which way the implement will move in the air and after hitting the ground. In a congested area you might consider using a horn or other noise device to alter nearby athletes and officials that an implement is about to be thrown.

Always keep the athletes and ring official behind the front of the cage or runway and at least 6 feet back from the cage or circle. Do not let anyone go into the impact area except the field officials. Keep coaches, photographers, officials and athletes away from the sector lines during the competition. Anyone in the field must be standing and ready to move. Return all implements to the area outside of the sector. They should not be thrown back. Make sure warm-ups throws are done only in the cage where one exists. Cages are now required for hammer, discus and weight events by most rules. Once the competition has been started, the competitors should not be permitted to use the circles, runways or areas within the sectors

for practice, with or without implements. All the rulebooks except the high schools specifically make that statement. After the event the facilities should be closed and not be used for practice during the remainder of the meet because of safety considerations.

If the throwing event is on a synthetic surface, be particularly careful because the energy of the implement is not always absorbed as well as on grass, dirt or cinder surfaces. At least outdoors, USATF has outlawed synthetic landing areas. In such cases, it may be necessary to have one event occurring at a time.

ABSENCES:

An athlete may obtain permission to compete in another event, which will require missing his turn in the rotation. Each rulebook treats this differently.

IAAF and USATF allow throws out of order in any round but it must be taken in the round. NCAA allows the throw out of order in the preliminaries in the round or not and in succession or not but it must be taken in order in the finals. In high school they must take at least one legal preliminary throw to advance to the finals but other throws could then be taken in succession and in any round but within the time allotted by the Games Committee (6.2.1). If not then they are forfeited. Always attempt to understand where and how long an athlete expects to be gone. Currently none of the governing bodies specify a time limit but the finals should not be delayed. Most leave it up to the head of the event to manage. Since trials may be taken out of order, make the best accommodation you can such that the impact on the excused athlete and the other athletes is minimized. One way to accomplish this is to let everyone know before the event starts that some athletes are in other events and explain how you plan to accommodate that fact. In some major meets and international competitions the athlete may have to be accompanied by an official if he leaves the venue.

A field event competitor, who is entered and has checked in but is late for the start of the competition, will not be allowed to take miss trials, unless previously excused. However, the competitor may take any remaining ones for which the athlete qualifies, i.e. the competitor enters the competition at that point.

AID/COACHING:

Coaching on the field and in the event area is allowed in the NCAA for meets with five or less teams. A teammate can always help if they are in the event. In larger meets and In USA Track & Field and IAAF events coaching or communication using non-technical devices is all right as long as it does not occur in the event area. This means an athlete can use or get hand signals or go over to the edge of the venue to talk to a coach not in the event area. In High School and Youth meets, the no coaching rule is still in effect. Although High School is now moving to the concept of restricted and unrestricted areas which is somewhat consistent with the competition/event area concept used by other jurisdictions. The event area is normally considered the area in and around the circle and or field which is open only to the officials for the event and the competitors. Once the competition has begun the competitors are not permitted to leave that area or to use the throwing circles, runways or area within the sectors for practice trials, with or without implements.

Taping of the wrist is acceptable in all meets. But the taping of fingers or hands in throwing events, unless to cover an open wound, is not allowed in the javelin, discus or shot. You can tape individual fingers in the hammer, or weight events with or without the use of gloves. Gloves in throwing events are allowed in the hammer and the weight event only. The gloves must have the end of fingers cut off so the fingers show although the thumb need not be exposed.

To obtain a better grip in throwing events, competitors may use a suitable substance other than tape on their hands only (chalk or a spray is acceptable). In the shot they are also allowed to use such materials on their necks. But this means the implement

itself, the circle or their shoes may not be chalked or sprayed. In the NCAA they can also place caulk on the implement.

A belt of leather or other suitable material may be worn at the waist by a competitor to protect the spine or back from injury. Braces may be worn as long as they don't give the athlete a mechanical advantage. The sense is that no device which helps an athlete to directly make the throw should be allowed, but protective equipment is OK.

In the javelin a competitor in USA Track & Field and IAAF meets may place two marks along side the runway as a help. In other competitions multiple marks may be used but not shoes in the NCAA.

Whenever possible you should mark appropriate records or qualifying distances for the competition on the recorder's sheet and along but outside the sector lines in the field as a help to the athletes and the officials in the field. It also helps with spectator appeal.

WEIGHTS AND MEASURES:

Since all of the throwing events use implements, all implements should be inspected to make sure they meet the weight and measures standards. Throwing of an altered or implement not inspected is grounds for disqualification even if it is during the warm-up period. Make sure you know the mark and color for the day and check each implement in the field as it is retrieved each time. The shot, the discus and sometimes the hammer are the offending events since an extra implement can easily be carried onto the field in athletic bags. It is more difficult for javelins and the weight to get there unnoticed. For details about how to be a Weight and Measures Official see, The Weights and Measures Handbook or contact George Kleeman at 5104 Alhambra Valley Road, Martinez, Ca 94553-9773, or E Mail georgekleee@aol.com.

IMPLEMENT SPECIFICATIONS:

Why do you need to know about this subject? In many meets there may not be an Inspector of Implements available and so you as the event official will have to enforce the implement requirement rule. You need to know enough to know if the implement at least appears to meet the requirements. Likewise many competitors, even world class ones, try to use a different implement in practice, heavier or lighter to gain psychological advantage over their opponents. If you are in the field retrieving implements, always check the implement each time for the inspector's mark and general conformance to specifications. An implement not conforming should be held by the head judge until the competition is over to make sure an athlete doesn't throw an improper implement. The athlete should be warned that a repeated incident is reason for disqualification if they weren't pre-warned before warm-ups started. It is important to check the implements early and during the competition, particularly the shot because the marking may become blurred or even wear off during the competition. Look for a distinguishing mark so you will recognize the implement in the future. The major difference in implements appeared in the javelin. But now the NCAA, USATF, IAAF, High School and WMA all use the same new 1999 600 g and the post 1986 800g javelin. The high school rules do not have contour requirements. Below are the general weight specifications for most classes. However, for Master and Youth age group implement sizes please look in the rulebook.

SHOT:

The shot shall be a sphere made of any metal but not softer than brass. It can be solid or filled with a smooth surface. The weight varies depending on age group and governing body as shown below. Internal movement by feel or sound is no longer a restriction.

	Men	Women
High School	12 lb.	4 kg
Junior	6 kg	4 kg
USATF & IAAF	7.026 kg	4 kg
NCAA	7.026 kg	4 kg

See USA Track & Field Rules 188 for the shot specifications summary table and then Rule 322 for the weights used in the Master's age groups and Rule 301 for the weights used in Youth age groups.

DISCUS:

The discus shall be made of wood or other suitable material with a metal rim, the edge of which shall be rounded into a true circle. The one exception to this definition is in competitions using the high school rules, which still allow the use of a plastic or rubber disk without the metal rim. Such rubber or plastic disks should not be used, even in warm-ups in any other competition. Note that metal plates set flush into the center of the sides are optional and need not cover the whole flat spot. Each side should be identical and without indentations, projecting or sharp edges. The taper shall be in a straight line from the curve of the rim to a circle with a radius of 25 mm to 28.5 mm from the center of the discus. The edge shall be smooth. The weights used are (See USA Track & Field Rule 189):

	Men	Women
High School	1.6 kg	1.0 kg
NCAA	2.0 kg	1.0 kg
USATF & IAAF	2.0 kg	1.0 kg
Junior	1.75kg	1.0 kg

Note that the women's discus is the same for all ages.

For USA Track & Field Youth and Master age group requirements also see Rules 301 and 322 respectively. Implements can have internal movement.

HAMMER:

The hammer consists of three components, the head, the wire and the grip. The head has the same measurements as the shot but is lighter since the weight of the whole implement including the handle and wire is the same as the shot. There can be no internal movement in the hammer and the center of gravity can not be more than 6 mm from the center of gravity for the ball. This means it must balance on a sharp edge circle, which is 12 mm in diameter. The wire must be spring steel of nominally 3 mm and at least 2.95 mm in diameter. The wire is looped at one or both end to attach to the ball and the grip. At the ball the attachment is by means of a swivel which may be either plain or ball bearing. The grip must be attached by a loop. The grip may be either single or double looped construction but must be rigid and not stretch appreciably when thrown. The inside width of the grip is approximately 110 mm. The diameter of the loops is limited to a maximum of 1.95 mm in the USATF meets.

	Men	Women
All	7.26 kg	4 kg
Junior	6 kg	4 kg

WEIGHT:

The weight construction is similar to the hammer but connected normally with a chain although wire is permissible in the NCAA. The size of the head is not fixed, just the overall weight and length of the implement. The overall length of the implement from the inside of the handle to the outside diameter of the head when hanging is 40.64 cm. The ball shall be a solid sphere made of a metal not softer than brass or of a shell of such metal filled with lead or other material. The handle may be of round metal, but not to exceed 1.27 cm in diameter and may be triangular or single looped construction with no side to exceed 19 cm inside measurement. It must be rigid and not appreciably stretch when being thrown. The connection may be with two loops of steel line or with welded steel link whose diameter shall be 9.525 mm in diameter. There are slight differences between USA Track & Field and NCAA so refer to the appropriate rulebook. The connections are similar to the hammer.

See USA Track & Field Rule 195 for the various weight specifications which vary from 16 lb. to 56 lb. See Rule 332.2 a and b for weights thrown by various Masters age groups in the weight and superweight classifications for each age group. In 1999 a new requirement was added of no internal movement if there is a filling and center of gravity shall not be more than 9 millimeter from the center of the sphere.

JAVELIN:

There are five weights of javelin, 400 g, 500g, 600 g, 700g and 800 g. The javelin has the most specifications of any of the implements and the fact that both the 800 g and the 600 g implements have been changed since 1986, and a number of new weights have been added increasing the number of legal implements. In 1986 the 800 g javelin thrown by men was modified by moving the center of gravity to shorten the distance it could be thrown so the event could be kept in the normal stadium. In 1991 the 600 g javelin was changed by IAAF and USA Track & Field to try to make the flat throw a problem of the past. In 1999 the 600 g javelin has again been changed by moving the handle forward a few centimeters so that the distance from the center of gravity to the tip has been shortened by 30 cm to 920 cm. This is being done in order to get the implement to land point first. Thus, it is important that you understand which rules the competition is being run under and therefore which javelins are legal. Normally the javelins conforming to the new rules will be so marked by the manufacturer. However, at least some of the 1990 and earlier 600 gm javelins will pass the new requirements and so will not be marked with anything other than meets IAAF standards. The 1991 change in the 600g implement was in the contour of the tail only. The minimum diameter at the mid point of tail and the 150 mm point have been increased to 90 and to 40% of the maximum diameter in front of the grip, respectively. The NCAA, the USATF and IAAF require that the shaft surface must be smooth, without dimples, grooves or ridges, holes or roughness and the finish shall be smooth and uniform throughout. The intent is that tape on the shaft shall not be legal except for the small labels for name or saying it conforms to IAAF rules. See the table in USA Track & Field Rule 205 for more details and Rules 301 and 332.2.a for the weight used by the various Youth and Master age groups.

The javelin consists of three parts the shaft, the cord grip and the head. The shaft must now be of metal construction except in high school where solid wood javelins are still allowed and conform to a specific smooth profile. There are maximum and minimum length and diameter requirements for most of the parts. There are 17 such dimensions specified. The javelin should not have any tape on it, which might help its flight characteristics, i.e. spiral wound. For more details see Rule 193 in USA Track & Field.

CIRCLES/RUNWAYS:

All five of the throwing events start from a circle since the toe board in the javelin is also an arc. The discus, shot hammer and weight are thrown from a circular ring which is bounded by a 1/4 inch iron or steel band, the top of which is sunk flush with the ground outside the ring. The surface of the circle/ring is firm and level and normally concrete although that is not mandatory. The surface is 2 cm plus or minus 6 mm lower than the upper edge of the rim. The inside diameter of the shot, hammer and weight circles are 2.135 meters (7 ft) in diameter and for the discus it is 2.5 meters (8 feet 2 1/2 inches). The rim should be painted white and marked clearly to divide it into the front and back half. Portable rings meeting the specifications are acceptable, but make sure they don't rock. The javelin is thrown from a runway which is terminated by arc of a circle, 8 meters (26 feet 3 inches) in diameter. The toe board can be made of wood or iron 7 cm wide painted white or a white line of similar width on a synthetic surface. The runway for the javelin should be 4 meters wide inside the foul lines and between 30 meters (98 feet 6 inches) and 36.5 meters (120 feet) in length under USATF and IAAF standards. The length is limited to limit the throws so that they can remain in the stadium. In contrast both the high school and NCAA rulebooks call for javelin runways are unlimited with a minimum length of 36.5 m (120 feet).

TIES:

In the case of a tie, it is broken by the next best throw. If for some reason the tie is for first place and all 6 throws are the

same then each tying competitor would get an additional throw until the tie for first place was broken. Each competitor should be credited with the best of all his throws including trials, which are part of a tie breaking competition. However, if there is a qualifying round to get into the competition proper, then those marks do not carry forward. Normally qualifying rounds are only held at national championships or major meets and are normally held on another day.

TIMING:

The time allowed for a throws trial to begin is nominally 1 minute from the time the athlete is called up until the start of motion of the throw. If an athlete has been called up and then passes, the following athlete is allowed to wait until the passing athlete time expires before he or she can be called up. To avoid waiting time and to keep the meet moving instruct the athletes to pass before they are called up, either when on hold or on deck.

FLAGS:

Once a competitor has completed an attempt, including leaving the throwing area, the head judge will indicate a legal attempt by raising the white flag over his head, or an illegal attempt by raising the red flag. Try not to yell "Fair" or "Foul". If it is a fair throw and is to be measured you can say "Mark". Raise the white flag only after the implement has landed in the field. If it is a foul and not to be measured you should say "No Mark" or nothing rather than "Foul". Commands are optional in all meets but high school and generally not done in NCAA, IAAF or USATF meets. The yellow flag is raised overhead with either 15 seconds (IAAF,USATF) or 30 seconds (NCAA) remaining. It should be held overhead until time has expired.

SET UP: (Sectors and Cage Opening)

The sectors for the discus, hammer, weight and shot are normally the same for NCAA, USATF and IAAF are 34.92 degrees and are 40 degrees for all events in and Youth events except the hammer. In High School they can use either the 40-degree sector or use a 65.5-degree sector for the shot and a 60-degree sector for the discus. In all CIF meets now use a 40-degree sector for the discus. (It is mandated in all high schools if it the discus is contested on the infield.) The IAAF and USATF sectors are equivalent to 0.6 meters wide for each meter from the center of the circle. However the Youth sectors will remain at 40 degrees. For sector layout see the end of the Field Events Overview section, page 22) (Note the high school shot sector is measured by extending lines from the center of the circle over the ends of the toe board). The surface of the sector may consist of cinders, grass or other suitable substance on which the implement will leave a clear mark. The sector for the javelin is 28.95 degrees which can be measured as an isosceles triangle where the base is half the distance out i.e. $R/2$ where R is the distance from the center point of the arc for the foul board.

The cage opening for the discus, is 6 meters for USATF and IAAF meets and 8.3 meters for the NCAA at 4.2 meters from the center of the discus circle. If the cage is equipped with moveable gates they should be set equally distance from the sector lines for the discus and changed for the hammer and weight throw depending on whether the thrower is left or right handed. The moveable gate makes the opening smaller for the hammer and weight. This is to protect the spectators, officials and competitors by restricting errant throws. When the panels are in place for a right handed thrower, the panel on the left side as you face the impact area should extend inside the sector line by about 1.5 meters and be perpendicular to the line, if possible. The open panel on the right side should be set on the sector line for USATF and IAAF whether it is either a NCAA cage or a new IAAF extended cage. For the NCAA the cage door should be closed down so it is on a line to intersect the sector line at a point 9 meters out from the center of the hammer circle, if possible. These are changes from previous year's settings. The opposite should be the case for the left-handed throwers. To help keep the competition moving, assign several of the officials working around the cage with the task of moving the gates when needed. Note it is useful to clearly mark the location of both gates before

the competition. Note that in setting the gates for the hammer there is always some trial and error. The important thing is safety. All dimensions are approximate and should be conformed to the extent possible but if safety requires a slightly smaller opening then set the gates closer. The high school discus cage is squarer with a 20 to 24 foot opening and 20-21'6" deep. The center of the circle is 10 to 10'6" back from the end of the cage.

The legal stop board for the shot is 4 feet long and 4 inches high and 4 1/2 inches wide. Measured on the chord from point to point it is 1.15 m. Small variations are acceptable.

NUMBER OF OFFICIALS:

Because we often do not have sufficient field officials, we end up officiating with minimum official crew except in the biggest meets. Consequently the following tables have been put together to indicate which are considered the most critical positions in each of the throwing events and where to distribute your limited officials. The minimum case includes just the number required to do the event safely, the Normal case includes the routine crew size to be expected in most meets and the Major Event case is the full crew used in major championships as is the maximum case.

EVENT	CRITICAL POSITION	WATCH
Shot	Right Circle	Form
Hammer	Right Circle	Feet
Javelin	Marker	Landing
Weight	Right Circle	Feet
Discus	Marker	Landing

This assumes that most throwers are right handed. If you have left handed throwers then the opposite side is appropriate.

SHOT	Minimum	Normal	Major Event
Head	-	1/2	1/2
Recorder	1/3	1/2	1
Tape Puller	1/3	1/2	1
Circle/Tape Reader	1/3	1/2	1/2
Field Tape	1/3	1/2	1
Marker	1/3	1	2
Retriever/Sector	1/3	1/2	2
Distance Boardman	-	-	1
Total	2	4	9

DISCUS	Minimum	Normal	Major Event
Head	-	1/2	1
Recorder	1/2	1	1/2
Tape Puller	1/2	1/2	1
Circle/Tape Reader	1	1	1 1/2
Field Tape	1/2	1	1
Marker	1	1 1/2	3
Retriever/Sector	1/2	1/2	2
Distance Boardman	-	-	1
Total	4	6	11

JAVELIN	Minimum	Normal	Major Event
Head	-	1/2	1
Recorder	1/2	1	1/2
Tape Puller	1/2	1/2	1
Circle/Tape Reader	1	1	1 1/2
Field Tape	1	1	1
Marker	1	1	3
Retriever/Sector	1/2	1/2	2
Point/Flat	1/2	1/2	1
Distance Boardman	-	-	1
Total	5	6	12

HAMMER(WEIGHT)*	Minimum	Normal	Major Event
Head	-	1/2	1
Recorder	1/2	1	1/2
Tape Puller	1/2	1/2	1

Circle/Tape Reader	1	1	1 1/2
Field Tape	1/3	1	1
Marker	1/3	1 1/2	2
Retriever/Sector	1/3	1/2	2
Distance Boardman	-	-	1
Total	3	6	10

The suggested location for each of the officials is:

Head of Event: Normally as a third circle official and second reader and recorder as well as timer for the event. He/she is usually on one side or the other of the circle.

Recorder: At the right side of the competition area as you face the impact area, since most tapes are read from the left side.

Tape Puller: To the side the tape is on, usually the right side of the competition area so it is out of the way for implement return and the reader. Position could include the use of electronic measurement.

Circle: Either side of the circle or runway so can cover both the back and front of the circle on one side. Move forward as the thrower does. One of the two needs to watch for landing and call whether the athlete leaves before the implement lands and the other continue to watch the thrower to make sure he doesn't foul before the implement hits and the thrower leaves the circle or runway.

Tape Reader: Normally would be official on the left side so that the tape numbers are facing him and he is facing the recorder.

Field Tape: On the right sector line about out as far as the throw is expected. Can also serve as sector line judge and alternate spotter.

Marker: In the impact area but slightly behind and to the side of where implement is expected to hit so can move quickly up to and even with it for the best marking.

Retriever: Used to carry implements out of the impact area. If enough, would return to throwing area. Can be used as a sector line official or an alternate marker. Located near the expected impact area, often on the sector line.

Point/Flat: Used to make the determination if the javelin lands point first or not. Can also act as a retriever. Situated back from the sector line a few yards near the expected impact area. Should be low and be able to clearly see the landing.

Distance Boardman: Converts metric recorded reading to Imperial distance and posts result on the performance board. Normally located on one side of the throwing area depending on where the crowd is located. This job can be combined with the recorders if an electronic scoreboard and palm pilot are used.

COMPETITION:

Watch for the initiation of the throw. The competitor must start from a stationary position in the circle and end by leaving the circle from the back half or behind the arc after the implement has hit in the field. It is no longer necessary that the athlete also leave under control if the competitor has met the other criteria other than in high school, which re-established that requirement in 2000. Watch that the throw conforms to the form requirements in the shot, hammer, weight and javelin. Note there are none for the discus. Watch for foot fouls. One ring official should watch the flight of the implement to know when it has landed and the other should continue to watch the competitor to make sure he remains in the circle or on the runway until the implement has landed.

MARKING THROWS:

Generally there are two kinds of impact areas used, grass and dirt or gravel. Each has their advantages and disadvantages depending on the weather conditions and the event. For example, dirt can be raked to remove the old marks but if the impact area has not been properly prepared, there may be old marks just below the surface, which may interfere with getting clean marks. Gravel is easy to rake but the holes tend to be exaggerated and don't conform well to get an accurate front mark. For grass both the length and type are important. Some marks can be lost if the implement is pulled out before being properly marked or if the grass hides the mark. Likewise the weather can be a help or a hindrance. Slightly damp grass can indicate where an implement hit because of grass lay down or

damage or the relative dryness of the area. Normally dirt or gravel is used for the shot put and grass for the other events. Both synthetic and grass runways are used in the javelin.

Before the start of the competition and certainly during the instruction period, the field officials should do their best to remove/fill in previous marks from the impact area. Filling in the holes will help you to be able to do a better job in getting and measuring accurately the new mark. It also helps the grass grow back to cover the hole and reduce the tripping hazards in the field. This is particularly true for hammer fields. If the impact area is dirt then rake the area after each round or flight. Fill in the holes with your foot after each attempt.

When positioning yourself as a marker, always try to be to the side and slightly long of the expected mark. This is for your safety since most implement often tend to skip on impact as well as to help with accurate marking, particularly for the lighter javelin and discus. Know the throwers. See where they throw in warm-ups so you can be properly positioned to get to the mark easily and quickly. Be mindful of the wind direction and if the thrower is left or right handed since in the longer throws this should guide you as to which way to move if the implement gets too close. This is particularly true for the javelin and discus. If you move the wrong direction the implement may tend to follow you.

Markers should triangulate on the mark. The closest marker should move to the mark and then confirm with other markers that he has the correct spot. The other markers should remain still or walk slowly to the mark to make sure the closest marker doesn't lose the mark because the marker tripped or had a bad mark to start with. Likewise, the field tape puller can also act in this capacity. As you sight in on the spot, look for a nearby mark, i.e. a discoloration of the grass, a flower or a piece of paper. When you get to the area where you thought you saw the implement hit, always look and feel the ground for a mark in and around that area. It is surprising how often you will find it. Make sure it is a fresh mark (see techniques below). Mark the best point you have. Do it with authority and quickly. Delays only open the door to questions and protests. Side views of the landing are the best since your depth perception has less of an impact. If you are judging the javelin landing you should be out of the sector and low, preferably at least 15 to 20 feet from the throw.

The mark to be used for measuring is the first mark made by the implement as it comes in for its initial impact. That is the first mark left by the ball, the discus or the javelin point, i.e. the mark of the ball, discus or point closest to the circle or runway. A mark made by the grip, wire or shaft should not be used. In Youth and high school javelin competitions, throws, which land flat or tail first are measured. Although this sounds simple, it is easier said than done. But with a little practice you can become proficient. Keep your eyes on the part of the javelin that you think will come down first. Don't try to change from point to grip or tail to grip at the last moment. If you do you will probably miss both points. You can always lay the javelin down to get the required mark if you know where the part of the javelin you saw hit. Normally the weight, the shot and the hammer do not pose any particular marking problems unless the impact area is very poor. These implements are heavy enough that they leave clear marks except on a very dry or very wet field. Both conditions cause problems. On a very wet field you may not be able to smooth the impact surface adequately so that to avoid the problem of getting two images if the implement lands near or on a previous mark. However, unless it is raining you can often tell the new mark from the old based on the dryness of the soil. The older mark tends to be dryer being exposed to the air longer. If you get a dual mark, i.e. an implement lands in a previous mark, e.g. the javelin in a hammer hole, use your finger to determine where you think the implement first impacted. In a dual hammer or shot hole you can often feel the change in contour separating the two throws. Do your best to measure from the point at which the implement would have hit if there had not been a hole, i.e. the normal ground level. On a very hot or dry day the marks in the impact

area may dry so that they can not be easily filled and they are less pronounced.

Always mark the spot before you try to extract the implement so that the true mark is preserved. On very wet fields you can have a problem removing the hammer and can destroy the mark when you try to extract it or if it lands in standing water, the mark may be covered up and lost.

Always mark the spot even if there is a red flag at the circle unless it is clear the athlete fouled the throw. The throw may be protested and you will need to measure the throw to protect the rights of the athlete.

Always use a separate marker from the one for the tape since it is not uncommon on the longer throws to have the tape pulled out of your hand, pulled out of the ground or broken. With a separate marker you won't lose it while you replace or retrieve the tape. Always sight down the tape to make sure it is straight.

Finding the mark for the javelin, particularly the lighter implements or the discus can be a real challenge. In both these events you need someone in the field with some past experience. For the javelin the length and type of grass is important. For example in St. Augustine grass or other plug type grasses you don't dare pull the javelin before you mark the point because you'll never find it again. But then you often can find a tear in the runners where the javelin entered the upper grass surface. You will get a tuft to stand up. In Rye and Bluegrass you can look at the bent blades to see where on a nearly flat throw, the javelin hit. Use your fingers to run along the shaft mark to find the break in the ground where the point may have first hit. When a competition allows flat throws, they should be measured from the front of the grip. In such cases it is best to always keep your eye on the point. Let the official on the sector line determine if it is flat or point. Moving your eye from one point to the other to determine the point of first contact may confuse your perception of the mark or you may end up looking at the wrong point when it hits. Remember the javelin can always be retrieved and then lay down along the line of the throw or the impression left in the grass to find the front of the grip. On nearly flat throws you may have trouble finding the point mark since the shaft will tend to flatten the grass before the mark. But use the line on the field to look for the point mark. Once again lay the javelin down so the tail is at the first mark and then look around where the point is for the mark. This is predominately a problem with the lighter javelins. Often throwers are using javelins rated for distances that they only rarely reach. This implement will tend to come down flat or tail first. The change in the 1999 600 g javelin eliminates this problem for the most part.

In the discus run your finger up the mark if the discus turned on its side when it landed. If the discus landed flat look for the impression on the grass and make your best judgment as to whether the implement landed flat or with the leading or trailing edge first. Use your fingers, you can often find the impact point. Remember to trace it to the point closest to the circle.

MEASUREMENTS:

Measurements of throws have changed several times since 1998. In high school (as appropriate) the shot put and weight throw are measured to the nearer shorter centimeter or the nearer shorter 1/4 inch. For the longer throws, the discus, the hammer and the javelin, they do it to the nearest shorter even centimeter or inch. In IAAF, NCAA, and USATF meets all throws will be measured to the nearest lower centimeter. Always make sure the tape is straight and the zero end is in the field. Check the zero point to make sure if it is at the end of the tape or a point up the tape and then make sure the field tape puller knows where the zero is. The measurement is from the inside of the circle or arc on a line through the center of the circle to the point of impact closest to the circle. Measurement should be made immediately following the throw and each fair throw should be measured unless otherwise instructed by meet management, i.e. a qualifying distance for measurement. Usually a fiberglass tape is

used although shot putters prefer a steel tape. A steel tape is required for records in USATF, IAAF and NCAA competitions but is not required for high school records. Because fiberglass tapes tend to stretch it is always advisable in the case of a record to verify the distance with a steel tape. When using a fiberglass tape, pull it taut and then release most of the tension for a proper measurement. If the circle is higher or lower than the area in front of the circle additional tension may have to be kept on the tape to keep it level and insure the correct measurement. A procedure for calibration and certification of electronic measuring equipment is available as part of the Weights and Measures Training Manual mentioned earlier.

FOULS:

All Throws

1. It is a foul if the competitor does not leave from the back half of the circle or behind the arc after the implement has hit the ground. The first step is all that is required to be behind the line or arc or the lines drawn from the extremities of the arc.
2. It is a foul if the competitor exceeds the normal time limit.
3. It is a foul if the implement thrown does not conform to the required specifications.
4. It is a foul if improper taping or glove is used on the hand other than in the hammer or weight throw.
5. It is a foul if the implement (i.e. the ball, discus or point [or first mark for youth and high school] of the javelin) does not land completely in the sector, i.e. the visible mark may not touch the sector line. The javelin shaft, the connection or the grip does not have to be in the sector.
6. It is a foul to drop the implement outside the circle but inside of the cage area.

From a Circle

1. It is a foul if the competitor touches the top of the circle or stopboard or the ground outside the circle with any part of his body. But a thrower is allowed to touch the inside of the iron band or the back of the shot toe board. Likewise, a thrower can stop an attempt provided he has not otherwise fouled, and restart his trial from a stationary position or lay down the implement, inside or outside the circle and then leave the circle from the back half under control. He can then reenter and start his throw again from a stationary position. The time clock continues to run except in the most extraordinary circumstances when the chief judge awards a new attempt.
2. It is a foul if the competitor does not become stationary in the circle before starting the throw.
3. It is not a foul if part of the body or feet swings outside the ring but do not touch.

Individual Events

1. It is a foul if you do not conform to the legal definition of a put or javelin throw. For the discus, hammer or weight throw there are no specified forms that must be used.
2. In high school meets only it is a foul if the discus hits the cage. In other meets as long as the discus lands in the sector no matter what it has hit, it is considered a fair throw.
3. At the start of the hammer or the weight throw, the head can be laid down inside or outside of the circle. Once the motion is started it is a fair throw if the hammer or weight hits the ring inside or outside and the throw is completed. It is a foul if the throw is not completed at that time.
4. It is not a foul if the hammer, weight or javelin breaks anytime during a throw. A new attempt will be awarded even if the competitor shall foul as a result of the break.
5. It is a foul in the javelin if on the run up the competitor steps on or over the lines marking the side or foul line on the runway.

JAVELIN THROWING REQUIREMENTS:

The javelin must be held at the grip with one hand only with the little finger nearest to the point and thrown over the shoulder or upper part of the arm and not slung, hurled or thrown side-armed. The thrower's last contact with the javelin is with the grip. Non-orthodox styles are not permitted. During the run-up and until the

javelin is released a competitor may not turn completely around so that his back is toward the throwing arc.

PUTTING REQUIREMENTS:

The shot must be put from the shoulder with one hand only. That means the shot shall touch or be in close proximity to the chin and at no time may the shot drop below this point or behind the line of the shoulders. That is, no baseball throws; it is illegal as well as very damaging to the elbow.

DISCUS, HAMMER & WEIGHT THROWING REQUIREMENTS:

Any method is currently acceptable as long as it is safe. The hammer and weight must be thrown with both hands on the grip or handle. One hand throwing, unless it is because of a handicap, is not allowed. There are now requirements for the discus.

APPLICABLE MAJOR RULE REFERENCES:

	SHOT	DISCUS
IAAF	187,188	187,189,190
USA(OPEN, MASTERS)	187,188	187,189,190
(MASTERS) WEIGHTS	332	332
(YOUTH) WEIGHTS	301	301
NCAA	1.7, 1.8, 2.8, 6.1-6.4, 6.8,10.6-7	1.7, 1.9, 2.9, 6.1-6.4, 6.9
HIGH SCHOOL	2.2,6.1-6.3,6.5	2.2,6.1-6.4

	JAVELIN	HAMMER
IAAF	187, 193	187, 190,191
USA(OPEN, MASTERS)	187, 193	187,190,191,
(MASTERS) WEIGHTS	332	332
(YOUTH) WEIGHTS	301	
NCAA	1.12, 2.11, 6.1-6.3, 6.10	1.7, 1.10, 2.10, 6.1-6.3, 6.11
HIGH SCHOOL	2.2, 6.1-6.3, 6.6	

	WEIGHT
USA(OPEN, MASTERS)	187,189,195
(MASTERS) WEIGHTS	332
NCAA	1.7, 1.11, 6.1-6.3, 10.8, 10.9

NOTE: There are other applicable sections that you should know although most of the information is covered above. Be familiar with each of the rulebooks. Each is organized differently.