

Shelby County Interscholastic Athletic Association

# Track & Field



## Field Events

**Extra Notes / Athlete Tips**



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## **Long Jump/Triple Jump**

- Report to event area 30 minutes prior to start time of the event
- Prepare event area and be ready for warm-ups
- Check-in competitors early to allow plenty of time for warm ups
- Practice time will be determined by the Meet Director and dependent on the number of athletes (generally 5-10 minutes)
- Competitors may place up to two markers beside the runway but not in the pit, on the runway, or adjacent to the pit.
- During the competition call the contestants “up”, “on deck”, and “on hold.”
- Competitors will have 3 jumps and compete in a single rotation.
- Competitors will have 1 minute from the time their name is called to COMPLETE the jump.
- Measure each legal jump perpendicularly to the scratch line or its extension and from that point in the pit touched by the person or apparel of the jumper, which is nearest to the scratch line or its extension.
- The front of the takeoff board is considered the “scratch line”
- Hold the tape in such a way that the readings will be taken at the takeoff board
- Measurement should be taken to the nearest lesser quarter inch
- Announce measured distance twice in a LOUD and Clear voice.
- Rake the pit after each jump
- Keep the pit level during entire competition. Do not allow sand to build up or become low in any areas.

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## High Jump

- Report to event area 30 minutes prior to start time of the event
- Prepare event area and be ready for warm-ups
- Check-in competitors early to allow plenty of time for warm ups
- During the competition call the contestants “up”, “on deck”, and “on hold.”
- Practice time will be determined by the Meet Director and dependent on the number of athletes (generally 5-10 minutes)
- No more than two individual check marks (tape markings) will be allowed, one at the start of the approach (if on the surface) and one at mid-point. There will not be any tape allowed near the bar (pad).
- Each competitor will have 3 attempts to complete the jump. Competitors have the option to “pass” early jumps to save energy for higher/harder jump.
- Competitors have 1 minute to complete the jump after his/her name is called
- The cross bar should be raised in increments of 2 inches until there are only 3 competitors left, which it will then be raised 1 inch each round.
- Measurement of height should be taken directly from the take-off area (ground) directly underneath to the top of the bar. The bar should be measured before every jump to ensure consistency
- A jump will be considered unsuccessful if the competitor
  - Displaces the cross bar in an attempt to clear it
  - Touches the ground or landing area beyond the plane of the crossbar
  - After clearing the bar, the athlete touches the crossbar or stands in any way
  - Fails to complete the jump within 1 minute
  - Fails to get over the bar
  - Takes off from two feet

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## **Pole Vault**

- Report to event area 30 minutes prior to start time of the event
- Prepare event area and be ready for warm-ups
- Check-in competitors early to allow plenty of time for warm ups
- Practice time will be determined by the Meet Director and dependent on the number of athletes (generally 5-10 minutes)
- During the competition call the contestants “up”, “on deck”, and “on hold.”
- No mark and marker may be placed on the runway, but it is permissible to place markers at the side of the runways
- Each round, the bar will be raised 6 inches until 3 contestants are left, then it will be raised 3 inches each round
- Measurement shall be from the same level of the take off to the top of the bar
- Competitors will have 1 minute to initiate the attempt before it is considered unsuccessful
- Each competitor receives 3 attempts to clear the cross bar
- The attempt is considered unsuccessful if the competitor
  - Displaces the crossbar from the pins with either his/her body or the pole
  - Leaves the ground in an attempt and fails to clear the crossbar
  - During the vault, raises the hand which is uppermost when he/she leaves the ground to a high point on the pole, or if the hand that was underneath is raised to any point above the other hand
  - After clearing the crossbar, contacts an upright and displaces the crossbar
  - Steadies the crossbar with a hand/arm
  - Touches or catches the pole to prevent it from dislodging the crossbar
  - Grips the pole above the top hand hold band

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## **Shot Put/Discus**

- Report to event area 30 minutes prior to start time of the event
- Prepare event area and be ready for warm-ups
- Check-in competitors early to allow plenty of time for warm ups
- Practice time will be determined by the Meet Director and dependent on the number of athletes (generally 5-10 minutes)
- All shots/discus implements must be weighed and checked in prior to warm ups
- During the competition call the contestants “up”, “on deck”, and “on hold.”
- Each competitor gets 3 attempts
- Competitors have 1 minute to complete the throw
- Measure each legal throw from the nearest edge of the first mark made by the implement to the inside edge of the throwing circle (discus) or the inside edge of the stop board (shot) measured along an extended radius of the circle
- Hold the tape in such a way that the readings will be at the inside edge of the throwing circle or stop board
- Pull the tape through the middle of the throwing circle
- Stay alert to the ring and implements being thrown
- Watch for people crossing the throwing area
- It is considered a foul if the competitor
  - After stepping in the circle, fails to pause before starting the throw
  - Throws the discus/puts the shot so that it does not fall within the sector lines
  - After starting the attempt, touches any surface outside the circle during the throw/put
  - Leaves the circle before the implement has landed
  - Does not exit the back half of the circle
  - Allows the shot to drop behind or below the shoulder during the put attempt (shot put only)

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## **Exchange Zones**

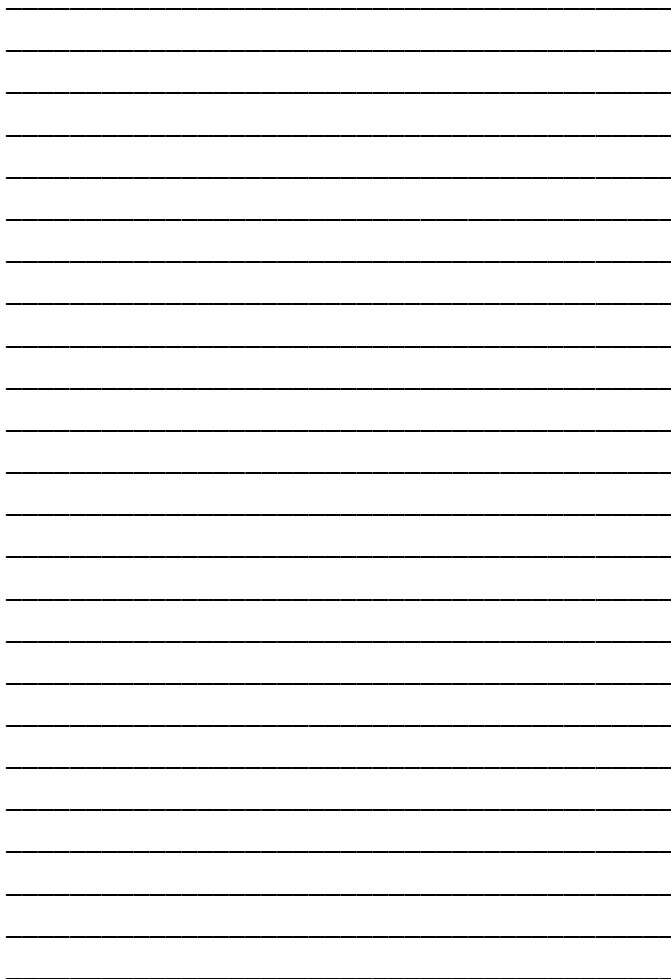
- **Judge #1, #2, and #3**
  - Report to your assigned exchange zone before the start of each relay
  - Place relay teams on the track in the correct lanes and explain the exchange zones
    - The acceleration zone is only allowed to be used in relays where the incoming competitor is running 200m or less. The baton MAY NOT be passed off in this zone.
    - The exchange zone is the area in which the baton must leave the incoming competitors hands and be fully in the outgoing competitors hands.
    - Colors of exchange zone markings differ from track to track – Ask the Meet Director before the race to ensure the acceleration zone and exchange zone at that specific meet.
      - A white flag signals to the starter that all competitors are in place and ready to begin
      - Wave a yellow flag upon observing any exchange zone violations during a race
      - Remain at your position until the race is over after observing a violation and then report the violation to the Head Finish Judge

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## **Finish Line Timers**

- Timers are assigned by the Head Finish Judge to time each place, from the smoke of the gun to the breaking of the vertical finish line plane by the placer's torso which does not include the arms, legs or head.
- If responsible for 1<sup>st</sup> place time, when the first athlete crosses the finish line press stop on your stop watch. After all athletes have crossed the finish line, go to your athlete and report their name and place to the Head Finish Judge.
  - The watch should be cleared only at the whistle, raising of a white flag or at the command of the Head Finish Judge.
  - Once you have reported the information to the Head Finish Judge, go back to your assigned location and wait for next race to get set.
- Timers are to pay attention during the entire race.
- In the event of a dispute, the Head Finish Judge is the final determinate of the result when no Fully Automatic Timing (FAT) is used, or if the FAT system failed.
- As a finish line official you should remain alert, to be prepared for failure.

## **Tips and Techniques**

- Inform the head timer immediately if your watch started late or did not start. Do not Bluff
- If crouched, do not stand up as you might block another timer or judge
- Courtesy: do not leave the area without informing the Head Finish Judge
- Move promptly and work as a team

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