

TRACK AND FIELD TIPS AND TRICKS

Why You Need Referees

- It is the job of the referees to:
 - Rule on verbal protests
 - Sign off on results (often not enough time for this at District/Division/Region)
 - Definitely, check any countback and jump off results in HJ
 - Work together to ensure any athletes with clashes of track and field events make their events

Clashes of Events

NEVER SAY 'TRACK TAKES PRECEDENCE'

1. If there is a clash between a field and a track event:
 - Athlete goes to the event, for their age group, that is listed on the timetable first
 - Athlete informs the Chief at that event that they have a clash
 - If their events are at similar times, and provided the prior field event is finished, the athlete could:
 - Measure their run up and have some practice jumps
 - Have some practice throw
 - They may get a throw/jump in before going to the start line
 - They may be asked to take their 3 attempts one after the other (except in HJ)
 - Then go to the track event
 - In either case, the athlete needs to go directly back to the field event
 - In High Jump, it is not possible to lower the bar for a returning athlete.
 - Do not go to presentations, unless completed the field event
 - The athlete must return to their field event BEFORE the next event is due to start, otherwise, they can't complete that event
2. If there is a clash between two field events:
 - Athlete goes to the event, for their age group, that is listed on the timetable first
 - The athlete lets the Chief at each event know they have a clash
 - If they are at similar times, and provided the prior field event is finished, the athlete could:
 - Measure their run up and have some practice jumps
 - Have some practice throws
 - They may get a throw/jump in before going to the other field event
 - They may be asked to take their 3 attempts one after the other (not possible in HJ)
 - In High Jump, it is not possible to lower the bar for a returning athlete
 - In either case, the athlete needs to go directly back to the field event
 - Do not go to presentations, unless completed the field events
 - The athlete must return to their field event BEFORE the next event is due to start, otherwise, they can't complete that event

A teacher or the athlete may check in at an event, but the Chief running each event and Starter's Marshal (if a track event clash) must be told they have a clash of events

It is then the Field Referee's job to:

- Keep in touch with the relevant field event chiefs and starter's marshal
- Make sure the athlete moves between the events in time, particularly if there is a change of shoes required
- Placate any anxious parents who don't understand the process!

Are You Late for an Event?

This depends on the reason!

- Caught in traffic
 - May not be the only one, especially if there has been an accident on a freeway
 - The competition organiser may choose to delay the whole program in this instance
 - The Chief at the field event will try and accommodate the 3 attempts, except in HJ
 - If the event is nearly over, try giving them at least one attempt before the next event is due to start. The next event may be warming up

- At HJ, the late athlete will need to start jumping at the height when they arrived, they can be given time to mark any runs ups. Practice jumps are at the discretion of the Chief. Keep an eye on time
- Warming Up
 - Discretion here
 - If possible, give them the 3 attempts (except HJ) or the number of attempts remaining in the event
 - At HJ, the late athlete will need to start jumping at the height when they arrived, they can be given time to mark any runs ups. Practice jumps are at the discretion of the Chief. Keep an eye on time
- Was at another event
 - Did they let you know they had a clash of events?
 - Yes, continue as per above
 - No, fit them in as best you can as well as informing the athlete about correct procedures

Interference/Obstruction

- Usually in track events
- If this occurs in field events, eg another athlete walks across the run up as the called athlete starts to run, the Chief should just use their common sense and allow the athlete to re-start
- In track events, an athlete may:
 - Knock over a hurdle in another lane
 - Move out of the relay changeover zone after the baton has been handed over
 - If deliberate, DQ and was the other athlete disadvantaged
 - Yes, the other athlete can be advanced to the final or order a re-run
 - No, results stand
 - If accidental, was the other athlete disadvantaged:
 - Yes, other athlete can be advanced to the final or order a re-run
 - No, results to stand
 - Runs on the left lane line or runs into an inside lane
 - An athlete is allowed one step on the left line, DQ if more than 1 step
 - Did they obstruct the person on the other lane?
 - Did they shorten the distance they are running?
 - If yes, to the either or both the above 2 questions, then the athlete who has moved lanes is DQ

Protests/Appeals, Re-Runs and Results Disputes

Protests and Appeals

- First Step: Oral Protest
 - Only made to the relevant referee
 - Only on breaches of the rules of the sport
 - Can be made at an event or immediately after the finish of an event
 - Usually, a 15 min time limit
 - Referee only will decide on the evidence available including any video footage
 - If video footage is about placings in a track event, they are only relevant if taken in line with the finish line
 - The referee will uphold or dismiss the protest
- Second Step: Appeal to the Jury
 - If the athlete is still not satisfied, they can lodge an appeal to the Jury
 - Only on breaches of the rules of the sport
 - Each competition should have a Jury of Appeal
 - Relevant Coordinator
 - 2 other coordinators/teachers
 - The referee cannot sit on the Jury as they have made the decision on the protest
 - Usually, it costs \$ to Appeal to the Jury!

- The Jury can only consider other information that the referee didn't have
- If there is no new evidence, the Jury will dismiss the Appeal
- Protests and appeals open breaches of the rules of the sport can only be made on the day
- Protests or Appeals on anything other than the rules of the sport should follow SSV Protests and Appeals Policy

Re-Runs and Substitute Attempts, Results Disputes

- One of the results of a protest or appeal is to order a re-run of a track event or award a further attempt in a field event.
- The re-run could be for the full field or for the aggrieved runner or relay team
- To be awarded a re-run, the aggrieved runner or relay team must have finished the race being protested
- In field events, a substitute attempt can be awarded and should be taken immediately eg a jump wrong called foul
- If it is in HJ, eg bar support slipped, the oral protest should be immediate, so that a further attempt at a height can be offered if the protest is upheld. The bar will not be lowered if, for eg, a protest comes in after the event has finished

IF THERE IS A PROTEST OR APPEAL ON ANY EVENT, PARTICULARLY TRACK EVENTS, THEN THE FOLLOWING SHOULD HAPPEN

1. The announcer:
 - a. Announces there is a protest on the race and to hold the results
 - b. Asks the athletes or relay teams not to leave the venue until the results of the protest/appeal are known
2. The protest/appeal is heard and either:
 - a. The results will be allowed or
 - b. If there is a DQ or a re-run is required or the race is all clear

Relays and Changeover Zones

Officials and equipment required for each changeover zone:

- 2 relay changeover judges per zone is preferable
- A red and a white flag
- Changeover zones for 4x100 m relays are marked by yellow ticks and are 30 m long

What a relay changeover judge must look for:

- In coming runner stays in their lane
- The outgoing runner is standing inside the zone to start running
- The baton change must be completed inside the zone ie fully in the hand of the outgoing runner
- Once the baton has been changed, the incoming runner must stay in their lane until all teams have changed the baton
 - If all this has happened correctly, raise the white flag
 - If any of these don't happen, raise a red flag and the referee will come and investigate
 - A relay cannot be declared 'all clear' until the referee has made a ruling

If a baton is dropped:

- The runner who drops it must pick it up, without obstructing another runner, return to their lane and:
 - Complete the change in the zone or
 - Continues running

High Jump – the High and the Low of it

- The rule that doesn't exist!
'GET OFF THE BAGS BEFORE THE BAR FALLS OFF'

Often heard, always wrong

THERE IS NO SUCH RULE

It is the Chief's job to judge if the actions of the athlete removed the bar, not how quickly they get off the bag!

- Marking a run up:
 - Do not allow shoes to mark a run up as the shoe could be in the way of another athlete and are easily kicked
 - Have a supply of cloth tape (from Bunnings), not electrical tape (it doesn't stick) and a supply of drawing pins (if wet) at each HJ site
- Countbacks and Jump Offs
 - If first place is tied with 2 or more athletes clearing the same height a countback must be applied:
 - First, at the tied height, how many attempts did they take
 - If still tied, count up the number of failures
 - If still tied, award = places and = medals, if required
 - BUT, progression to the next level may require a jump off.
 - This may be for first place at secondary or second place at primary for Region to State
 - Check the progression numbers from District to Division and Divisions to Region
 - Jump off steps:
 - One more attempt at the height tied
 - If both clear, go up 2 cm
 - If both fail, go down 2 cm
 - If one clears, this splits the tie

Discus and Javelin – Do We Measure or Peg?

You can speed up a long throw event by pegging all attempts and only measuring the longest. The only disadvantage is there is no second throw to break a tie. However, you could give the tied athletes one more throw. And measure it, to break the tie.

Some but not all venues have a rack of numbered pegs or you may have them at school

- Each number corresponds to the throwing order on the event sheet
- At each throw, the official on the fall gauges where the throw is further than the previous throw
 - If it is, move the relevant peg
 - If, it's not, leave the relevant peg where it is
 - At the end of the three throws, in numerical order, measure each throw and record on the recording sheet and place accordingly



What Can We Do if We Get Behind Time

Before you commence your competition, make sure you have enough officials/volunteers on each event. If there are not enough, especially LJ and TJ, you will fall way behind time

- Horizontal jumps: Chief and min 4 volunteers
- High Jump: Chief and 2 volunteers
- Long throws: Chief and min 3 volunteers
- Shot put: Chief and min 3 volunteers
- For all field events, except HJ, once the athlete has left the pit/circle, they can pick up the tape and pull the tape through so the Chief can read the measurement

Things you can do:

- Throws and horizontal jumps: reduce the number of attempts from 3 to 2
In javelin and discus, peg and only measure the best throw (see above)
- High Jump: stop once you have a winner ie don't allow any further attempts
- 800/1500 m: combine the girls and boys as long as the field are not too big
Start one race when the previous race gets to the middle of the back straight in 800m or middle of the top bend for 1500m
You will need 2 running/printing stop watch for this
- For small field in sprints: combine age groups, but this will need re-organising meet manager

Key Things to Remember

We can vary the World Athletics Rules!

- Did the athlete shorten the distance they ran?
- Was there interference or obstruction?
- There is no such rule in High Jump
- Protests and Appeals on the rules of the sport can only be done **on the day**
- A protest or appeal must come from a teacher or adult responsible for the athlete present on the day
- Flexibility
- Discretion
- We are not an AV or LAV event!