



SCHOOL SPORT VICTORIA

STATE TRACK & FIELD FINALS

FIELD EVENT - SPECIAL INSTRUCTIONS

Field events are to start at the advertised times unless otherwise instructed. At no time are field events to run ahead of schedule.

LATE ARRIVALS

1. All athletes must arrive through the Call Room. If a competitor arrives late for the start of their event, they may still take their trials as long as the time allocated to the event has not expired.
2. **Clash of Events:** Where a clash of a track event and a field event occurs, a competitor must report to the field event official first and, if time permits, take one or more trials. The competitor must then marshal for his/her track event and return to the field event immediately after the track event and complete his/her three trials. The three trials must be completed within the time allocated to the event.

Where a clash occurs between a track event and a high jump event the competitor must report to the high jump event prior to marshalling for his/her track event. The competitor must return to the high jump as quickly as possible after the track event. The high jump event will continue in their absence. The competitor must continue at the new height when he/she returns. The bar will not be lowered.

3. If all competitors have not reported in, then final results may not be calculated until the time allocated to the event has expired.
4. Any competitor who unreasonably delays making a trial renders himself/herself liable to having that trial disallowed and recorded as a fault. See Time allowed for Trials below.
5. Above all, please be sympathetic. If a student has a good reason for being delayed then try and fit them into the event. If, however, the student is rude or aggressive then you may apply the rules as you see fit.
6. Any problems should be referred to the field referee.

TIME ALLOWED FOR TRIALS

Event	All Throws	High Jump	Long/Triple Jumps
More than 3 Competitors start or remain	1 min	1 min	1 min
2 or 3 Competitors start or remain	1 min	1.5 mins	1 min
1 Competitor remain	1 min	3 mins	1 min
Consecutive Trials	2 mins	2 mins	1 min

SUBSTITUTE COMPETITORS

1. A substitute may not take a competitor's place in an event unless official notification has been received from the Championship Convener.

PROTESTS/APPEALS

1. Field event officials are to follow any instructions given by the AV Field Referees.
2. An athlete or teacher may make an oral protest, in the first instance, concerning the conduct of the event to the AV Field referee who will be moving around the various field events.
3. If the athlete or teacher disagrees with the Referee's decision, an Appeal to the Jury of Appeal may be made with a few of A\$50 cash within 10 minutes of the conclusion of the event or the Referee's decision which ever comes first. The written appeal must be handed to the SSV Coordinator in charge of the competition. The jury's decision is final. Presentations will be held until the appeal is heard.



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DISCUS - OFFICIALS INSTRUCTIONS

GENERAL INSTRUCTIONS

1. Each event should start at the designated time. Try to ensure completion of each event within the time allocated.
2. Check the names and school of each competitor on the recording sheet for each event. Competitors will be called to throw in the order designated on the event sheet, except where they must leave to compete in another event. Track events will not be held up for competitors at field events. It is permissible for competitors to take their attempts out of order and consecutively, if necessary.
3. Competitors must return to the field event prior to the advertised starting time of the next event or they will forfeit their remaining attempts.
4. Competitors are expected to be dressed in approved athletic uniforms or track pants.
5. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

1. Each competitor receives 3 attempts.
2. The final placings will be decided from all attempts.
3. The competitor must start the attempt from a stationary position. The discus may be held in any manner and any throwing technique may be used.
4. The throw is a failure if:
 - a. After commencing the action, the thrower touches with any part of the body either the top of the ring bounding the circle or the ground beyond it. This rule remains in force while the discus is in flight.
 - b. Leaves the circle before the discus has landed
 - c. Does not leave the circle from the back half of the circle
 - d. The discus does not land fully within the sector (the sector tape is OUT)
 - e. Takes longer than the specified time below to commence the attempt
5. Time allowed for each trial including consecutive attempts:

Event	All Throws
More than 3 Competitors start in the competition	1 min
2 or 3 Competitors start the competition	1 min
Consecutive Trials	2 mins

6. If a competitor is required to take consecutive throws eg when returning from another event, then the time allowed for consecutive attempts is 2 minutes.
7. Providing there has been no infringement, a competitor is permitted to re-start their throw within the time allowed to take their trial. The time clock will not be re-started.
8. In measuring, the zero of the tape is placed on the nearer edge of the mark made by the discus and the tape is taken through the centre of the throwing circle. The distance is read from the inner edge of the metal rim. The distance is taken in metres and to the nearest centimetre equal to or less than the distance thrown.
9. The longest throw of each competitor is used to determine their places. In the event of a tie, the next best throw of the tied competitors will determine their places.

IMPLEMENT WEIGHTS

These can be found on the SSV Website. [Click here](#) for the Specifications

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HIGH JUMP - OFFICIALS INSTRUCTIONS

GENERAL INSTRUCTIONS

1. The uprights are to be set up with the bar supports pointing inwards. The bar must have the opportunity of falling off either towards or away from the landing area.
2. The crossbar must always be replaced with the same surfaces facing upward and forward.
3. Competitors may not mark their run ups with chalk. Competitors may use two marks for run-up and take-off. Masking tape or a moveable object may be used.
4. Maximum spike length is 7 mm at Lakeside Stadium. For Division and Region competitions, this should be checked with the competition venue management.
5. Measurements are made perpendicularly from the ground to the upper side of the centre (lowest) part of the bar
6. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

7. The jump is a failure if a competitor:-
 - a) dislodges the bar. (The competitor may hit the bar, however, it must stay lodged on the stands for a reasonable length of time.) A foul may be recorded even if the competitor has landed and moved from the landing area;
 - b) takes off from two feet;
 - c) touches the white tape or ground, including the landing area, beyond the plane of the upright, either between or outside the uprights, with any part of the body without clearing the bar;
 - d) takes longer than the time specified below to commence their attempt.

Time allowed for each trials including consecutive attempts:

Event	High Jump
More than 3 Competitors start in the competition	1 min
2 or 3 Competitors start or remain in the competition	1.5 mins
1 Competitor remains in the competition	3 mins
Consecutive Trials	2 mins

8. Three consecutive foul jumps constitutes elimination from the competition.
9. Competitors may commence jumping at any height above the minimum and may pass at any height.
A competitor having missed one or two attempts at a particular height may 'pass' and make the next attempt at a subsequent height
10. Competitors who leave the event to compete in another events must continue at the new height when they return. The bar must not be lowered.
11. The event is continued until the final competitor (the winner) fails with three consecutive jumps. When only one competitor remains, however, he/she may choose to retire and not make further attempts

10. STARTING HEIGHTS IN STATE FINALS

	Boys	Girls
12 – 13 Years	1.35 m	1.25 m
14 Years	1.40 m	1.30 m
15 Years	1.45 m	1.35 m
16 Years	1.50 m	1.35 m
17 Years	1.55 m	1.40 m
18 – 20 Years	1.60 m	1.40 m

*Rises in 5cm
until two competitors remain.
The two remaining athletes
may agree between
themselves the increase
in height.*

SUGGESTED STARTING HEIGHTS IN DIVISION AND REGION EVENTS

	Boys	Girls
12 – 13 Years	120 cm	110 cm
14 Years	125 cm	115 cm
15 Years	130 cm	120 cm
16 Years	135 cm	120 cm
17 Years	140 cm	125 cm
18 – 20 Years	145 cm	125 cm

Recommended: 5 cm rises as
above

The starting heights for Division and Region competitions are suggestions only. If you find it necessary to lower or raise the starting height, this can be done. The starting height cannot be lower than the height of the landing area.

Bar rises are recommendations only, but should not be less than 3 cm.

RESOLVING TIES

- The competitor with the lowest number of attempts at the height at which the tie occurs (i.e. the last height cleared) shall be awarded the higher place.
- If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared will be awarded the higher place.
- If the tie still remains the competitors shall be awarded the same place in the competition.

There will be no jump offs at the State Championships.

A jump off may be required at Division and/or Region competitions if a tie remains for first place. This jump off is for advancement to the next level of competition only. Only those involved in the tie need jump off.

Example:-

	1.35 m	1.40 m	1.45 m	1.50 m	1.55 m	1.60 m	1.65 m	Failures	Place
Forsyth	-	X O	O	X O	-	X X O	X X X	4	= 2
Fosbury	O	O	O	X -	X O	X X O	X X X	4	= 2
Inverarity	O	-	-	X X O	X X O	X O	X X X	5	1
Peckham	O	O	X -	O	X X O	X X O	X X X	5	4

['O' = Cleared the height 'X' = Failed to clear the height '-' = Passed]-



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JAVELIN - OFFICIALS INSTRUCTIONS

GENERAL INSTRUCTIONS

1. Each event should start at the designated time. Try to ensure completion of each event within the time allocated.
2. Check the names and school of each competitor on the recording sheet for each event. Competitors will be called to throw in the order designated on the event sheet, except where they must leave to compete in another event. Track events will not be held up for competitors at field events. It is permissible for competitors to take their attempts out of order and consecutively, if necessary.
3. Competitors must return to the field event prior to the advertised starting time of the next event or they will forfeit their remaining attempts.
4. Competitors are expected to be dressed in approved athletic uniforms or track pants.
5. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

1. Each competitor receives 3 attempts.
2. The final placings will be decided from all attempts.
3. The javelin must be held with one hand at the binding. It must be thrown over the shoulder or the upper part of the throwing arm. It must be neither slung nor hurled.
4. The metal head of the javelin must strike the ground first, before any other part of the javelin, within the marked sector. The javelin does not have to stick in the ground or leave a mark.
5. A throw is a failure if:-
 - a. the thrower touches any part of their body on the runway lines, front arc or the ground outside these. The competitor must not leave the runway until the javelin has landed and only from the behind the arc;
 - b. the tip of the javelin does not strike the ground first.
 - c. the competitor runs on or outside the runway lines.
 - d. the javelin does not land fully within the sector (the sector tape is OUT)
 - e. takes longer than the specified time below to commence the attempt
6. Time allowed for each trial including consecutive attempts:

Event	All Throws
More than 3 Competitors start in the competition	1 min
2 or 3 Competitors start the competition	1 min
Consecutive Trials	2 mins

7. If a competitor is required to take consecutive throws eg when returning from another event, then the time allowed for consecutive attempts is 2 minutes.
8. Providing there has been no infringement, a competitor is permitted to re-start their throw within the time allowed to take their trial. The time clock will not be re-started.
9. Make sure the throw area is clear of any danger. Javelins must be carried back, not thrown.
10. In measuring, the zero of the tape is placed on the nearer edge of the mark made by the shot and the tape is taken to the nearest edge of the arc. The distance is read from the inside edge of the white arc. The distance is taken in metres and to the nearest centimetre equal to or below the distance thrown.
11. The longest throw of each competitor is used to work out their placings. In the event of a tie, the next best throw of the tied competitors will determine the placings.

IMPLEMENT WEIGHTS

These can be found on the SSV Website. [Click here](#) for the Specifications.



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LONG JUMP - OFFICIAL'S INSTRUCTIONS

GENERAL INSTRUCTIONS

1. Each event should start at the designated time. Try to ensure completion of each event within the time allocated.
2. Check the names and school of each competitor on the recording sheet for each event. Competitors will be called to jump in the order designated on the event sheet, except where they must leave to compete in another event. Track events will not be held up for competitors at field events. It is permissible for competitors to take their attempts out of order and consecutively, if necessary.
3. Competitors are expected to be dressed in approved athletic uniforms or track pants.
4. Maximum spike length is 7 mm at Lakeside Stadium. For Division and Region competitions, this should be checked with the competition venue management.
5. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

1. Each competitor receives 3 attempts.
2. The final placings will be decided from all attempts.
3. Competitors may use two runway markers which can be tape or a moveable object.
4. A jump is a failure if:
 - a) any part of the foot goes over the front line of the take-off board whether running up without jumping or in the act of jumping.
 - b) the competitor after landing walks back through the landing area.
 - c) the competitor employs any form of somersaulting.
 - d) takes longer than the time specified below to commence their attempt.

Time allowed for each trials including consecutive attempts:

Event	Long/Triple Jumps
More than 3 Competitors start the competition	1 min
2 or 3 Competitors start the competition	1 min
Consecutive Trials	1 min

5. If a competitor is required to take consecutive jumps eg when returning from another event, then the time allowed for consecutive attempts is 2 minutes
6. The sand in the landing area should be raked level before every jump.
7. A jump is measured from the nearest break made in the landing area by any part of the competitor's body. Measurement is up to the front line of the take off board (i.e. nearest the pit) and at right angles to it. Distances are measured in metres and to the nearest cm below the distance jumped.
8. The competitor with the longest jump will be judged the winner. In the event of a tie, the next best jump of the tied competitors will determine the placings.

MULTI CLASS ATHLETES

1. All the above rules apply to Multi Class (MC) competitions and athletes.
2. Multi Class athletes with certain classification are permitted to take off from the edge of the runway. A temporary board of white tape will be put down for this purpose. Please verify the classes eligible with the Referee or the SSV Coordinator
3. Multi Class athletes are permitted to have ONE carer accompany them through the Call Room to the event site. The carer must be wearing a distinguishing vest and should sit separately from the athletes. Officials should use their discretion if a young athlete needs their carer (usually a parent) to sit with them.
4. The carer is under the control of the Official conducting the event at all times. The carer is there to assist the athlete with placement on the runway and, if necessary, exiting the pit.
UNDER NO CIRCUMSTANCES IS THE CARER PERMITTED TO COACH WHILST ON THE FIELD OF PLAY.
5. The results for Multi Class events will be based on percentages from the current Multi Disability Standard Tables. These will be calculated by the Administration Delegate at the State Championships and the relevant SSV Coordinator at lower levels of competition.



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RELAY CHANGEOVER UMPIRES

BEFORE EACH RACE

1. Competitors will come directly to the Change Over Zone from the Call Room.
2. Until placed in lanes, competitors marshalling should occur outside lane 8
3. The Change Over Zone is 30 m designated by yellow 'ticks'. Competitors are placed in their starting positions in their lanes **INSIDE** the first yellow line. They are not permitted to start running from outside the Change Over Zone.
4. Competitors must be placed in the lanes as indicated on the marshalling card unless directed otherwise by the Track Referee.
5. If a team is not present then leave that lane empty.
6. Check that competitors are listed on the marshalling team sheets, if not contact the Track Referee
7. A competitor may use **ONE** check marker that must be placed inside the white line of their lane
8. When requested, either by raising a white flag or giving a 'Ready at Changeover x' over the two way radio, indicate when all competitors are ready in their lanes.

DURING THE RACE

1. Position yourself and assistants, so that you have a clear view of the Change Over Zone. At least one person should be able to see the start of each Change Over Zone. At least one person should be able to see the end of each Change over Zone.
2. You are watching for the following infringements of the rules:
 - The outgoing runner starts running **BEFORE** the 30m Change Over Zone
 - Passing the baton, including the first touch of the baton by the outgoing runner, is clearly outside the the Change Over Zone.
Note: It is the baton that must be passed within the Change Over Zone. The runner may be outside the Zone with their arm extending inside the Zone.
 - Running outside the team's lane in such a way as it causes interference to another team or shortens the distance run.
 - Dropping the baton during the changeover and not picked up by the runner who drops it. The runner must continue the pass or the race from where the baton was dropped
If the baton is dropped during the process of passing it, the incoming runner must pick it up and pass it to the outgoing runner from where it was dropped

AFTER EACH RACE

1. After all teams have passed and there has been no infringements, either by raising a white flag or giving an 'All clear at changeover x' over the two way radio.
2. If you believe, or if you are unsure, there has been an infringement of the rules, raise a red flag or give 'Infringement at changeover x' over the two way radio. The Track referee will the ask you for:
 - The lane/school
 - The infringement

The Track Referee will make the decision on whether a disqualification is warranted

As soon as each race is finished, clear the competitors from the track and place the competitors in their lanes for the next race.



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SHOT PUT - OFFICIAL'S INSTRUCTIONS

GENERAL INSTRUCTIONS

1. Each event should start at the designated time. Try to ensure completion of each event within the time allocated.
2. Check the names and school of each competitor on the recording sheet for each event. Competitors will be called to throw in the order designated on the event sheet, except where they must leave to compete in another event. Track events will not be held up for competitors at field events. It is permissible for competitors to take their attempts out of order and consecutively, if necessary.
3. Competitors are expected to be dressed in approved athletic uniforms or track pants.
4. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

1. Each competitor receives 3 attempts.
2. The final placings will be decided from all attempts.
3. The competitor must begin his/her put from a stationery position. Only one hand may be used and this hand must not drop below its starting position throughout the putting action. The shot shall be put from the shoulder, chin or neck and must not be brought behind the plane of the shoulders.
4. The throw is a failure if:
 - a. After commencing the action, the thrower touches with any part of the body either the top of the ring bounding the circle, the top or edge of the stop board or the ground beyond it. This rule remains in force while the shot is in flight.
 - b. The throwing hand drops below its starting position
 - c. Leaves the circle before the shot has landed
 - d. The implement does not land fully within the sector (the sector tapes are OUT)
 - e. Does not leave the circle from the back half of the circle
 - f. Takes longer than the time specified below to commence their attempt.
7. Time allowed for each trial including consecutive attempts:

Event	All Throws
More than 3 Competitors start in the competition	1 min
2 or 3 Competitors start in the competition	1 min
Consecutive Trials	2 mins

7. Providing there has been no infringement, a competitor is permitted to re-start their throw within the time allowed to take their trial. The time clock will not be re-started.
8. In measuring, the zero of the tape is placed on the nearer edge of the mark made by the shot and the tape is taken through the centre of the putting circle. The distance is read from the inside edge of the step board. The distance is taken in metres and to the nearest centimetre below the distance put.
9. The longest throw of each competitor is used to work out their placings. In the event of a tie, the next best put of the tied competitors will determine the placings.

MULTI CLASS ATHLETES

1. All the above rules apply to Multi Class (MC) competitions and athletes.
2. Multi Class athletes must throw the implement weight that corresponds to their age and their classification. See Implement Weights link below.
3. Multi Class athletes are permitted to have ONE carer accompany them through the Call Room to the event site. The carer must be wearing a distinguishing vest and should sit separately from the athletes. Officials should use their discretion if a young athlete needs their carer (usually a parent) to sit with them.
4. The carer is under the control of the Official conducting the event at all times. The carer is there to assist the athlete with entry, correct placement and exit of the circle. **UNDER NO CIRCUMSTANCES IS THE CARER PERMITTED TO COACH WHILST ON THE FIELD OF PLAY.**
5. The results for Multi Class events will be based on percentages from the current Multi Disability Standard Tables. These will be calculated by the Administration Delegate at the State Championships and the relevant SSV Coordinator at lower levels of competition.

IMPLEMENT WEIGHTS

These can be found on the SSV Website. [Click here](#) for the Specifications.



SCHOOL SPORT VICTORIA

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TRIPLE JUMP - OFFICIALS INSTRUCTIONS

GENERAL INSTRUCTIONS

1. Each event is to start at the designated time. Try to ensure completion of each event within the time allocated.
2. Check the names and school of each competitor on the recording sheet for each event. Competitors will be called to jump in the order designated on the event sheet, except where they must leave to compete in another event. Track events will not be held up for competitors at field events. It is permissible for competitors to take their attempts out of order and consecutively, if necessary.
3. Competitors are expected to be dressed in approved athletic uniform.
4. Maximum spike length is 7 mm at Lakeside Stadium. For Division and Region competitions, this should be checked with the competition venue management.
5. Triple Jump Boards available for competition at the State Championships will be the 5m, 7m, 9m, 11m and 13 m Boards only.
6. At the completion of each event send the Presentation Slip and the first three place-getters to the presentation area. The signed results sheet must be taken to the administration room.

RULES

1. Each competitor receives 3 attempts.
2. The top 8 competitors at the conclusion of Round 3 will receive a further 1 attempt.
3. The final placings will be decided from all attempts.
4. Competitors may use two runway markers which can be tape or a moveable object.
5. A jump is a failure if:
 - a. Any part of the foot goes over the front line of the take-off board whether running up without jumping or in the act of jumping.
 - b. The competitor after landing walks back through the landing area.
 - c. The competitor does not complete the sequence in the prescribed order
 - d. The competitor does not complete the hop and step on the runway
 - e. Takes longer than the time specified below to commence the attempt
6. A triple jump comprises a hop, step and jump sequence:
 - a. for the hop the competitor must land on the same leg as was used to take off from.
 - b. for the step the competitor must land on the opposite foot from the take off foot.

Note: It is no longer a foul for the "sleeping leg" to touch the ground during the triple jump action.
7. Time allowed for each trials including consecutive attempts:

Event	Long/Triple Jumps
More than 3 Competitors start the competition	1 min
2 or 3 Competitors start the competition	1 min
Consecutive Trials	1 min

8. If a competitor is required to take consecutive jumps eg when returning from another event, then the time allowed for consecutive attempts is 2 minutes
9. The sand in the landing area should be raked level before every jump.
10. A jump is measured from the nearest break made in the landing area by any part of the competitor's body. Measurement is up to the front line of the take off board (nearest the pit) and at right angles to it. Distances are measured in metres and to the nearest cm below the distance jumped.
11. The competitor with the longest jump will be judged the winner. In the event of a tie, the next best jump of the tied competitors will determine the placings.