

# ILLAWARRA BLUE STARS ATHLETIC CLUB INC

## CONDUCTING ATHLETICS EVENTS - FIELD

### INTRODUCTION

The intent of these guidelines is to provide some information for volunteers, particularly parents, who assist at club athletic meets. The information is taken directly from the Athletics New South Wales Officiating Protocols document and the IAAF Technical Competition Rules handbook.

In the case of the information from the ANSW Officiating Protocols document, the emphasis is on the safety issues involved in conducting field events. Field events, especially throwing events, are extremely dangerous with fatalities and serious injuries not being uncommon overseas.

The IAAF rules listed will assist volunteers with making the correct decisions when assisting with judging events. The rules in italics, mainly technical specification, have been included for completeness but the actual details have been omitted. Anyone wishing to see these rules in detail can find them on the IAAF website, [www.iaaf.org](http://www.iaaf.org). Copies of the IAAF Rules can be purchased from ANSW or Athletics Australia.

Any volunteer interested in becoming a qualified technical official can find more information on the Athletics NSW website, [www.nswathletics.org.au](http://www.nswathletics.org.au) and the Athletics Australia website, [www.athletics.org.au](http://www.athletics.org.au).

### ATHLETICS NEW SOUTH WALES OFFICIATING PROTOCOLS 2005-06

#### SAFETY

- Be aware of safety at all times and always ensure the safety of athletes, officials and spectators.
- Allow only competitors, officials and other accredited personnel onto the Field of Play.
- Implements must be carried back – NEVER THROWN even for a short distance. If available, a chute should be used to return shots.
- Always ensure that safety cages are used for hammer throw and discus throw events.
- The appropriate hammer cage gate must be closed and locked in position during competition and when athletes are warming up.
- All warm ups for all Field Events MUST be supervised.
- A safety officer must be in place if two long throws are occurring at the same time and if circular events are being conducted in conjunction with hammer throw events.
- Athletes should not be called to the discus/hammer circle when a track event is about to start near the cage. A brief delay is advisable in such instances and may also be advisable when groups of athletes pass on the track during circular events. Discretion needs to be used and a safety officer employed when conducting Javelin and High Jump events where the athlete's run ups intrude onto or across the track.
- Officials should ensure that a red cone or similar device is placed on the runway for the Long and Triple Jump events to close the pit until the next trial is called.
- Provide shade and water for field events as necessary.
- Always look in both directions before crossing the track.
- Do not cross the grassed area at any time – go around the track.
- Warning signs should be in place when throwing events are in progress.
- If conditions are unsafe do not conduct or continue the event.

## OFFICIATING PHILOSOPHY

The aim and responsibility of every official should be to ensure that each athlete is given every possible opportunity to achieve their best performance in safe and fair competition in accordance with the Rules.

## OFFICIATING GUIDELINES

### Recording and Results

The correct symbols to use in recording are as follows:

Symbol	Meaning
X	Failure
-	Pass
O	Clear (High Jump & Pole Vault)
DNF	Did not finish
DNS	Did not start
ND	No Distance
NH	No Height
DQ	Disqualified (can only be applied by the Referee)

Valid Throw – Javelin (additional clarification of IAAF Rules 187.16 & 193.1(a))

It is considered a valid landing if the tail of the javelin is higher than the head when the first contact with the ground is made by the javelin.

It is a valid throw when the javelin is below and to the side of the shoulder so long as the athlete has a bent elbow and the javelin is higher than the elbow during the throw.

## **IAAF TECHNICAL COMPETITION RULES 2010-11 CHAPTER 5 SECTION II – GENERAL COMPETITION RULES**

### RULE 140

#### *The Athletic Facility*

*Covers specifications for the facility including references to The IAAF Track and Field Facilities Manual and forms of Facility Certification Application and Facility Measurement.*

### RULE 141

#### Age Groups

The following definitions apply to the age groups recognised by IAAF:

Youth Boys & Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.

Junior Men & Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

Master Men & Women: Any athlete who has reached his/her 35th birthday for stadia events and his/her 40th birthday for out-of-stadia events.

Note (i): All other matters concerning Masters' competitions are referred to the IAAF/WMA Handbook approved by the IAAF and WMA Councils.

Note (ii): Eligibility, including minimum ages for participation in IAAF Competitions, shall be subject to the specific Technical Regulations.

## RULE 142

### Entries

*1 - 2. Cover eligibility of athletes.*

### Simultaneous Entries

3. If an athlete is entered in both a track and field event, or in more than one field event taking place simultaneously, the appropriate Referee may, for one round at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

### *Failure to participate*

*4. Covers what happens if an athlete fails to participate in an event.*

## RULE 143

### Clothing, Shoes and Number Bibs

#### *Clothing*

*1. Covers acceptable clothing to be worn by athletes.*

#### *Shoes*

*2 - 6. Cover specifications for shoes including spikes, the sole, the heel and the use of inserts.*

#### *Number bibs*

*7 - 9. Cover the use of number bibs and numbers on shorts.*

## RULE 144

### *Assistance to Athletes*

*1 - 4. Cover what is and is not considered to be providing assistance to athletes.*

## RULE 145

### *Disqualification*

*1 - 2. Cover the disqualification of an athlete from an event.*

## RULE 146

### *Protests and Appeals*

*1 - 6. Cover the procedures for protests and appeals.*

## RULE 147

### *Mixed Competition*

*Covers the holding of mixed events between male and female participants.*

## RULE 148

### *Measurements*

*Covers what tools or devices that can be used for taking measurements.*

## RULE 149

### *Validity of Performances*

## RULE 150

### *Video Recording*

*Covers when an official video recording of all events is recommended.*

## RULE 151

### *Scoring*

*Covers where the result of a meet is to be determined by the scoring of points.*

## **IAAF TECHNICAL COMPETITION RULES 2010-11 CHAPTER 5 SECTION IV - FIELD EVENTS**

## RULE 180

### General Conditions

#### Warm-up at the competition Area

1. At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges.
2. Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
  - a) the runway or take-off area;
  - b) implements;
  - c) the circles or the ground within the sector with or without implements.

#### Markers

3. (a) In all field events where a runway is used, markers shall be placed alongside it, except for High Jump where the markers can be placed on the runway. An athlete may use one or two markers (supplied or approved by the Organising Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance nor anything which leaves indelible marks.  
(b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial and shall not impair the

view of the judges. No personal markers (other than those under Rule 187.21) may be placed in or beside the landing area.

#### *Competing Order*

4. Covers how competing order is decided; NB further information in paragraph 5.

#### *Trials*

5 - 6. Covers the number of trials to be given based on the number of competitors.

#### *Qualifying Competition*

7 - 14. Covers the running of a qualifying competition where the number of athletes is too large to conduct a single round satisfactorily.

#### *Obstruction*

15. If, for any reason, an athlete is hampered in a trial, the Referee shall have the authority to award him a substitute trial.

#### *Delay*

16. An athlete in a field event who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed.

For the Pole Vault, the time shall begin when the uprights have been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

If the time allowed elapses after an athlete has started his trial, that trial should not be disallowed.

The following times should not normally be exceeded:

#### *Individual Events*

Number of athletes left in the competition	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	
Consecutive trials	2min	3min	2min

#### *Combined Events*

Number of athletes left in the competition	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1 or consecutive trials	2min	3min	2min

Note (i): A clock which shows the remaining time allowed should be visible to an athlete. In addition, an official shall raise and keep raised, a yellow flag, or otherwise indicate, during the final 15 seconds of the time allowed.

Note (ii): In the High Jump and Pole Vault, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height, except that where applicable the time specified for consecutive trials shall be applied.

Note (iii): For the first attempt of any athlete upon entering the competition, the time allowed for such attempt will be one minute.

Note (iv): When calculating the number of competitors remaining in the competition this should include those athletes who could be involved in a jump off for first place.

#### Absence during Competition

17. An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

#### *Change of Competition Area*

18. *Covers how the Referee can change the place of the competition.*

#### Ties

19. Except for the High Jump and Pole Vault, the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on.

Except in Vertical Jumps, in the case of a tie for any place, including first place, the tie shall remain.

Note: For Vertical Jumps, see Rule 181.8, 181.9.

#### Result

20. Each athlete shall be credited with the best of all his attempts, including those achieved in resolving a tie for the first place.

### A. VERTICAL JUMPS

#### RULE 181

##### General Conditions

1. Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round, until there is only one athlete remaining having won the competition, or there is a tie for first place.

##### Trials

2. An athlete may commence jumping/vaulting at any height previously announced by the Chief Judge and may jump/vault at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping/vaulting except in the case of a tie for first place.

The effect of this Rule is that an athlete may forego his second or third trial at a particular height (after failing first or second time) and still jump/vault at a subsequent height.

If an athlete forgoes a trial at a certain height, he may not make any subsequent attempt at that height, except in the case of a tie for first place.

3. Even after all the other athletes have failed, an athlete is entitled to continue jumping until he has forfeited his right to compete further.

4. Unless there is only one athlete remaining and he has won the competition:

(a) the bar should never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round; and

(b) the increment of the raising of the bar should never increase.

This Rule 181.4(a) and (b) shall not apply once the athletes still competing agree to raise it to a World Record height directly.

After an athlete has won the competition, the height or heights to which the bar is raised shall be decided by the athlete, in consultation with the relevant Judge or Referee.

Note: This does not apply for a Combined Events Competition.

In a Combined Events Competition held under Rule 1(a), (b) and (c), each increase shall be uniformly 3cm in the High Jump and 10cm in the Pole Vault throughout the competition.

#### Measurements

5. All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

6. Any measurement of a new height shall be made before athletes attempt such height. In all cases of records, the Judges shall check the measurement when the bar is placed at the record height and they shall re-check the measurement before each subsequent record attempt if the bar has been touched since last measured.

#### Crossbar

7. *Covers the technical specifications for the crossbar.*

#### Placings

8. If one or more athletes clear the same final height the procedure to decide the places will be the following:

(a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.

(b) If the athletes are equal following the application of Rule 181.8(a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

(c) If the athletes are equal following the application of Rule 181.8(b), the athletes concerned shall be awarded the same place unless it concerns first place.

(i) If it concerns the first place a jump-off between these athletes shall be conducted in accordance with Rule 181.9, unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Note: This Rule (d) will not apply to Combined Events.

#### Jump-off

9.

(a) Athletes concerned must jump at every height until a decision is reached or until all athletes concerned decide not to jump further.

(b) Each athlete shall have one jump at each height.

(c) The jump-off shall start at the next height determined in accordance with Rule 181.1 after the height last cleared by the athletes concerned,

(d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.

(e) If an athlete is not jumping at a height he automatically forfeits any claim to first place. If only one other athlete then remains he is declared the winner regardless of whether he clears that height.

## High Jump - Example

Heights announced by the Chief Judge at the beginning of competition:

1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

Athlete	Heights							Failures	Jump Off			Pos
	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m		1.91m	1.89m	1.91m	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

O = Cleared X = Failed - = Did not jump

A, B, C and D all cleared 1.88m.

The Rule regarding ties now comes into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

"D" has more failures than "A", "B" or "C", and is therefore awarded fourth place. "A", "B" and "C" still tie and as this concerns the first place, they shall have one jump at 1.91m which is the next height after the height last cleared by the athletes tying.

As all the athletes tying failed, the bar is lowered to 1.89m for another jump-off. As only "C" failed to clear 1.89m, the two other tying athletes, "A" and "B" shall have a third jump-off at 1.91m which only "B" cleared and is therefore declared the winner.

## Extraneous forces

10. When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust of wind)

(a) if such displacement occurs after an athlete has cleared the bar without touching it, then the attempt shall be considered successful, or

(b) if such displacement occurs under any other circumstance, a new attempt shall be awarded.

## RULE 182

### High Jump

#### The Competition

1. An athlete shall take off from one foot.

2. An athlete fails if:

(a) after the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or

(b) he touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure.

Note: To assist in the implementation of the rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3 metres outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

#### *The Runway and Take-off Area*

3 - 5. *Covers the technical specifications for the runway and takeoff area.*

#### *Apparatus*

6 - 8. *Covers the technical specifications for the uprights and crossbar supports.*

9. There shall be a space of at least 1cm between the ends of the crossbar and the uprights.

### *The Landing Area*

10. *Covers the technical specifications for the landing area.*

## RULE 183

### Pole Vault

#### The Competition

1. Athletes may have the crossbar moved only in the direction of the landing area so that the edge of the crossbar nearest the athlete can be positioned at any point from that directly above the back end of the box to a point 80cm in the direction of the landing area.

An athlete shall, before the competition starts, inform the appropriate official of the position of the crossbar he requires for his first attempt and this position shall be recorded.

If subsequently an athlete wants to make any changes, he should immediately inform the appropriate official before the crossbar has been set in accordance with his initial wishes. Failure to do this shall lead to the start of his time limit.

Note: A line, 1cm wide and of distinguishable colour, shall be drawn at right angles to the axis of the runway, at the level of the back end of the box. A similar line shall also go on the surface of the landing area and be prolonged as far as the outside edge of the uprights.

2. An athlete fails if:

(a) after the vault, the bar does not remain on the pegs because of the action of an athlete whilst vaulting; or

(b) he touches the ground, including the landing area beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or

(c) after leaving the ground he places his lower hand above the upper one or moves the upper hand higher on the pole.

(d) during the vault an athlete steadies or replaces the bar with his hand(s).

Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.

Note (ii): It is not a failure if the pole touches the vaulting pad, in the course of an attempt, after properly being planted in the box.

3. Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip.

Athletes shall not use tape on the hands or fingers except in the case of the need to cover an open wound.

4. After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.

5. If, in making an attempt, an athlete's pole is broken, it shall not be counted as a failure and the vaulter shall be awarded a new trial.

### *The Runway*

6 - 7. *Covers the technical specifications for the runway.*

### *Apparatus*

8 - 10. *Covers the technical specifications for the box, uprights and crossbar supports.*

## Vaulting Poles

11. Athletes may use their own poles. No athlete shall use any other athlete's pole except with the consent of the owner.

The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth.

The pole may have protective layers of tape at the grip and of tape and/or any other suitable material at the bottom end.

### *The Landing Area*

12. *Covers the technical specifications for the landing area.*

## B. HORIZONTAL JUMPS

### RULE 184

#### General Conditions

#### Measurements

1. In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

#### *Runway*

2 - 3. *Covers the technical specifications for the runway.*

#### Wind Measurement

4. The wind speed shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time he commences his run.

5. The wind gauge shall be placed 20m from the take-off board. It shall be positioned 1.22m high and not more than 2m away from the runway.

6. The wind gauge shall be the same as described in Rule 163.11. It shall be operated and read as described in Rules 163.12 and 163.10 respectively.

### RULE 185

#### Long Jump

#### The Competition

1. An athlete fails if:

(a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or

(b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

(c) he touches the ground between the take-off line and the landing area; or

(d) he employs any form of somersaulting whilst running up or in the act of jumping; or

(e) in the course of landing he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or

(f) when leaving the landing area, his first contact by foot with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

Note (i): It is not a failure if an athlete runs outside the white lines marking the runway at any point.

Note (ii): It is not a failure under 1(b) above if a part of an athlete's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

Note (iii): It is not a failure if in the course of landing, an athlete touches, with any part of his body, the ground outside the landing area, unless such contact is the first contact or contravenes paragraph 1 (e) above.

Note (iv): It is not a failure, if an athlete walks back through the landing area after having left the landing area in a correct way.

Note (v): Except as described in 1(b) above, if an athlete takes off before reaching the board it shall not, for that reason, be counted as a failure.

2. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (see paragraph 1(f)).

Note: This first contact is considered leaving.

3. All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take-off line, or take-off line extended (see paragraph 1(f) above). The measurement shall be taken perpendicular to the take-off line or its extension.

#### *The Take-off Board*

*4 - 8. Covers the technical specifications for the takeoff board.*

#### *The Landing Area*

*9 - 10. Covers the technical specifications for the long jump/triple jump landing area.*

### RULE 186

#### Triple Jump

The Rules for the Long Jump apply to the Triple Jump with the following additions:

#### The Competition

1. The Triple Jump shall consist of a hop, a step and a jump in that order.

2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed.

It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.

Note: Rule 185.1(c) does not apply to the normal landings from the hop and step phases.

#### *The Take-off Board*

*3 - 5. Covers additional specifications for the takeoff board for the triple jump.*

### C. THROWING EVENTS

### RULE 187

#### General Conditions

#### *Official Implements*

*1 – 3. Covers general specifications for throwing implements.*

## Assistance

4. (a) An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

(b) An athlete shall not use gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.

(c) In order to obtain a better grip, an athlete may use a suitable substance on his hands only or in the case of hammer throwers on their gloves. Shot putters may use such substance on their neck. In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.

## *Throwing Circle*

*5 - 7. Covers the technical specifications for the throwing circle.*

8. An athlete may not spray nor spread any substance in the circle or on his shoes nor roughen the surface of the circle.

## *Javelin Runway*

*9. Covers the technical specifications for the javelin runway.*

## *Landing sector*

*10 - 12. Covers the technical specification for the landing sector.*

## Trials

13. In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw from a runway. In the case of attempts made from a circle, an athlete shall commence his attempt from a stationary position inside the circle.

An athlete is allowed to touch the inside of the iron band. In the Shot Put he is also allowed to touch the inside of the stop board described in Rule 188.2.

14. It shall be a failure if an athlete in the course of an attempt:

(a) improperly releases the shot or the javelin,

(b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the iron ring or the ground outside the circle,

(c) in the Shot Put, touches with any part of his body the top of the stop board,

(d) in the Javelin Throw, touches with any part of his body the lines which mark the runway or the ground outside.

Note: It will not be considered a failure if the discus or any part of the hammer strikes the cage after release provided that no other rule is infringed.

15. Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave it.

When leaving the circle or runway he shall step out as required in paragraph 17 before returning to the circle or runway to begin a fresh trial.

Note: All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.17.

16. It shall be a failure if the shot, the discus, the hammer head or the tip of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line.

17. An athlete shall not leave the circle or runway until the implement has touched the ground.  
(a) For throws made from a circle, when leaving the circle, an athlete's first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

Note: The first contact with the top of the iron band or the ground outside the circle or runway is considered leaving.

(b) In the case of the Javelin Throw, when an athlete leaves the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, he shall also be considered to have left the runway.

18. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

### Measurements

19. In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

20. The measurement of each throw shall be made immediately after the attempt:

(a) from the nearest mark made by the fall of the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;

(b) in Javelin Throw, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

### Markers

21. A distinctive flag or marker may be provided to mark the best throw of each athlete, in which case it shall be placed along, and outside, the sector lines.

A distinctive flag or marker may also be provided to mark the existing World Record and, when appropriate, the existing Continental, National or Event Record.

## RULE 188

### Putting the Shot

#### The Competition

1. The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

#### *The Stop Board*

*2 - 3. Covers the technical specifications for the stop board.*

#### *The Shot*

*4 - 5. Covers the technical specifications for the shot.*

## RULE 189

### Throwing the Discus

### *The Discus*

1 – 2. *Covers the technical specifications for the discus.*

### RULE 190

#### *Discus Cage*

1 – 5. *Covers the technical specifications for the discus cage.*

### RULE 191

#### Throwing the Hammer

#### The Competition

1. An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.
2. It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the iron band. The athlete may stop and begin the throw again, provided no other rule has been breached.
3. If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

### *The Hammer*

4 – 9. *Covers the technical specification for the hammer.*

### RULE 192

#### *Hammer Cage*

1 - 7. *Covers the technical specifications for the hammer cage.*

### RULE 193

#### Throwing the Javelin

#### The Competition

1. (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.  
(b) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.  
(c) Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.
2. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

### *The Javelin*

3 - 9. *Covers the technical specifications for the javelin.*