

MANAGING TRACK & FIELD EVENTS

THROWS

Throws are measured from the point of landing to a point inside the edge of the circle nearest to the point of landing. To find this location, the tape is pulled right through and across the circle to the outside edge, and then aligned across the centre of the circle. Throwers then get the benefit of any extra angle if a throw veers towards the side of the sector.

Safety issues in throws involve

- People being in the potential landing area,
- Officials not watching out for themselves, and
- Implements being thrown, rather than carried back carefully from the landing zone.

The officials required are: chief judge, and at least one other, markers and measurers and recorders.

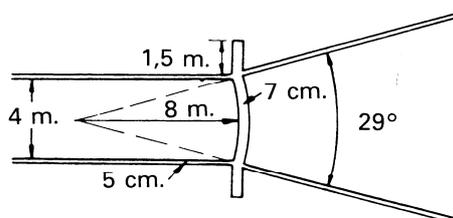
JAVELIN THROW:

The task of the officials is to give every athlete a fair and equal chance to compete, and to accurately record their throws. All officials must watch that spectators and athletes are well clear of the throwing sector, and runways. The throw is usually made from the javelin runway. If one is not available, try and use a firm surface on which the thrower can “block” at the point of release.

A javelin runway is usually about 30m long, and 4m wide, leading to a slightly arced throwing line. In the centre of the lane, and 8m back from the throwing line, there is a white mark (usually “V” shaped). This mark, or the point of the “V”, gives the centre for the arc of the throwing line.

The sector is about 29 degrees wide. It is easily measured by running a line from the centre point (“V”) through the corners where the throwing line meets the sides of the runway.

The “throwing line” is usually extended 1.5m to show where foot-faults over the front of the line might occur.



The rules are simple:

- The throw starts from a stationary position anywhere inside the runway.
- The feet must stay inside the runway and behind the throwing line, until the throw is complete, and no part of the body (feet, hands etc) may touch the ground outside the runway or on or over the throwing line.
- When leaving the runway the thrower may not step over or forward of the throwing line.
- The throw must make its first landing wholly inside the sector (on the line is “out”)
- The thrower must not leave the runway until the implement has landed.
- Athletes should be allowed at least three throws each, but time constraints and numbers of competitors may impose constraints. An entire round must be completed for the throw to be counted towards final placing.
- It is not usual for athletes to bring their own implements. If they do so, the chief judge must be satisfied that they are exactly the same in weight, style and dimensions, as the ones provided. They must also be available for use by **all** competitors.
- The thrower has a free choice of all implements being used in the event (including “private” ones).

THROWING TECHNIQUE FOR JAVELIN

Chief Judge:

- Stand at the front of the runway, where you can see the feet of the thrower at the throwing line, observe the throwing action and the landing of the implement out in the field.
- If you decide there is a throwing fault, a foot fault, or the throw lands out-of-bounds, call "No Throw" loudly enough for the recorder and the athlete to hear you.
- Show a red flag if you or your second judge call a "no throw", or if the maker shows a red flag. (*You don't need other officials to go on trying to measure a throw which has been disallowed!*)
- After you have decided the throw is valid, step into the runway and read the measurement to the recorder. (*Check that the recorder hears: you may be 10 or 12 metres apart!*)
- If the meeting has event records, and a record is broken, call the referee **before the measuring spike and tape are withdrawn. He will probably wish to verify the distance before he countersigns the result.**
- If your ruling is contested, measure the throw you are disallowing, so that it is not lost if your decision is over-ruled by the referee. Carefully mark the entry on the record sheet as "*disallowed, result under protest*", so there is no chance of it being counted unless your decision is overturned.
- When time is up, you have to decide whether a round is complete. You may **not** count results from incomplete rounds and this may affect the result. If you can squeeze the last couple of throwers through, do so, but you will disrupt the whole meeting if you take too long!
- Sign off the result at the end of each competition, and ensure that it gets to the meeting manager.
- Ensure that all equipment is returned to the designated area at the end of competition.

Second Judge:

- Stand at the other side of the throwing line where you can observe the action of left-handed throwers and you can see the feet of the thrower at the throwing line, and when leaving it.
- If you observe a throwing fault, or a foot-fault, call "No Throw" loudly enough for the Chief Judge, the recorder and the athlete to hear you.

Marker:

- Stand out in the sector if possible towards the side so that your presence doesn't inhibit the thrower.
- Once the implement is airborne, move towards its likely landing place (**keeping safely clear of it!**).
- Mark the exact landing spot and ensure the zero end of the tape is placed at the point of first impact nearest to the circle.
- Javelins are generally thrown a long way. It can help if you and your measurer watch from opposite sides so that you can agree on the exact landing spot.
- Signal to the judges if the landing is on or over the sector lines.
- You usually show a white flag if the landing is valid, and a red flag if it is not. (*Watch for a red flag from the judge, telling you that you don't need to mark*).
- You might have a throw which goes beyond the marked sector. If you do you must judge whether it landed within where the sector would be if the lines were extended! (These will be the best, and possibly record throws, so you need to be precise!)
- (*Your markers and retrievers might be young: make sure they don't try to catch an implement in flight, or you won't get a fair view of the landing. The implement must be allowed to hit the ground and you must be able to see where it did so!*)

Measurers:

- One places the zero end of the tape at the near edge of the landing place. The Marker is the official who rules on the landing place, but if you are nearest, you need to show him where you saw it land.
- Vortex generally don't make a mark.
- It is preferable to have a spike through the ring at the zero end of the tape, that you can dig into the ground. (Otherwise the tape might be pulled away from you when Number two pulls it taught.)
- Measurer number two draws the tape across the throwing line and right back to the mark, or the point of the "V" on the runway and draws it taught and straight.
- The Chief Judge then reads the measurement from the inside of the throwing line.

Retrievers:

People may be designated to retrieve the implements and bring them back to the circle.
Retrievers must return them to the throw area by running them in NOT by throwing them!

Recorder:

- Assemble the throwers in the order noted on the recording sheets.
- Athletes with Disabilities are to compete at the end of each round and throws are to be recorded on separate recording sheet.
- Tell them how many attempts they are likely to have (as agreed by the meeting rules). It is usually three.
- Allow practice throws (if the timetable permits). Practice throws are done in the competition order.
- Call the athletes when it's their turn: "Round one: Jim, followed by Tom. Jim to throw".
- If an athlete is not present, mark them as absent and go on.
- An athlete may report and be excused for another event, particularly a track one. In that case feed them back into the rotation when they return.
- You may also excuse an athlete to go to the toilet or the sick-bay, in which case use your discretion about when you let them back in.
- Whether an athlete is excused or not, you can't hold the event when the last competitor has thrown. Consult the Chief Judge about when the event is over.
- Record all throws including foul throws and call each measurement back to the judge to confirm it.
- You should have event records noted on your result sheet. Alert the Chief Judge **immediately** if it appears that a record has been broken
- Identify first three placed athletes on the final result sheet.

