

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.

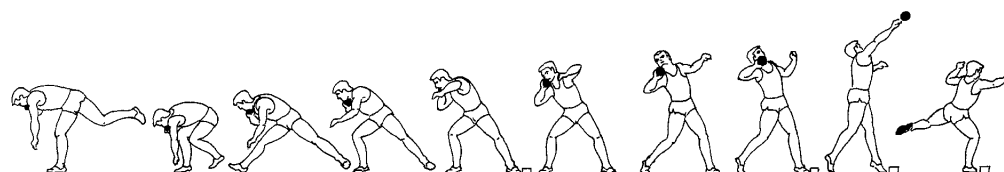
SHOT PUT

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 preferably right behind the circle.

The throw is made from a circle 2.135m in diameter into a sector of 34.92 degrees. This is easily achieved by measuring two points 10m from the centre of the circle and 6m apart. (i.e. for every metre from the centre of the circle, the lines are a further 60cm apart). The circle usually has a metal rim about 2cm high with a “stop-board” at the front.

The rules are simple:

- The throw starts from a stationary position inside the circle
- The feet must stay inside the circle until the “put” is complete, and no part of the body (feet, hands etc) may touch the ground, on the rim or outside the circle when the attempt starts.
 - (Some may touch the outside when they are “positioning” themselves to throw. This is allowable).
 - The feet may touch the **inside** of the rim of the circle, or the **inside** of the stop-board, but may not touch the top edge. Some athletes attempt a “spinning” throw. This is legal, even if the feet or legs swing above the outside of the circle, **provided** there is no contact with the ground outside the circle
- The throw must make its first landing wholly inside the sector (on the line is “out”)
- The thrower must not leave the circle until the implement has landed
- The thrower must leave from the back half of the circle, and the attempt is not complete until they have done so.
- The implement must be in contact with, or very close to, the neck or face.
- The throw is a push. The arm and hand must not be drawn back behind the shoulder, or the wrist used to “throw”
- 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 placings.
- Athletes may bring their own implements, but they must be weighed and measured by the official equipment steward. 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).

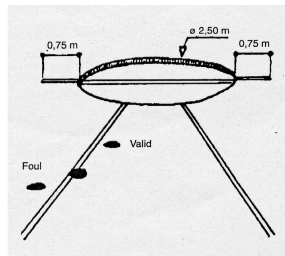


Chief Judge:

- Stand towards the front of the circle, where you can see the feet of the thrower at the front of the circle, observe the throwing action and the landing of the implement out in the field.
- If you decide there is a “putting” 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 circle and read the measurement to the recorder.
- If the meeting has event records, and a record is broken, call the referee **before the measuring spike and tape are withdrawn. The Referee 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 incompleting 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 circle where you can observe the action of left-handed throwers and you can see the feet of the thrower at the back and sides of the circle, and when leaving it.



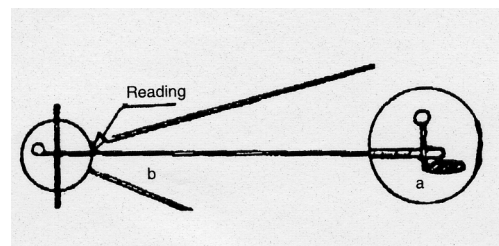
- If you observe a putting fault, or a foot-fault, call “No Throw” loudly enough for the Chief Judge, the recorder and the athlete to hear you.
- *Schools are sometimes “casual” about leaving the circle. In any competition, the rules must be observed correctly. Leaving correctly demonstrates that the thrower has retained their balance throughout the action.*

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.
- 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!)

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.
- Metal shots generally leave a clear mark, soft shot does not. You need to be sure that you're looking at the right mark! (*When competition has been going for a while there might be a lot of indentations in the sector!*)
- 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.)
- If time permits, rake the indentations out of the sector between completed rounds of the competition.
- Measurer number two draws the tape across the centre spot on the circle to the outside edge, and draws it taught and straight.



- The Chief Judge then reads the measurement from the inside of the rim of the circle or stop-board.

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 or rolling 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.