

# CHERRYBROOK ATHLETICS



## RULES HANDBOOK

[www.cherrybrookathletics.org.au](http://www.cherrybrookathletics.org.au)

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## RULES AND SPECIFICATIONS FOR EVENTS

### General rules for field events

*These may not necessarily be used at a Friday Club Competition Night but would be used at all championships and gala days.*

- An athlete has 1 minute from when their name is called to start their attempt/throw. A yellow flag is raised when there is 15 seconds **remaining**.
- A **red flag** is raised if an attempt is judged as a foul or if the athlete is timed out.
- A **white flag** is raised to show a valid attempt/throw or bar clearance.
- For throws and vertical jumps, each athlete has 3 turns at an event and their best attempt is recorded. For high jump, each athlete has up to three attempts to achieve each height, and must clear a height before progressing to the next. On a Friday night, please try to ensure every athlete achieves a valid distance/height.

### Personal equipment for field events

Any athlete wishing to use their own equipment for field events, such as javelin, discus or shot put, **MUST** first have their equipment checked and approved by the equipment manager **each week** they are to be used. Please give the equipment manager at least 3 days notice to ensure measuring tools are calibrated, and arrive early enough to allow time for checking. Any personal equipment approved for use must also be made available for use by all other competitors in the same age/gender group in that event.

### Spikes

- Spike shoes cannot be worn for race walk events
- U6 to U10s cannot wear spike shoes at all
- U11s & U12s can wear spike shoes for all track events run entirely in lanes and for long jump, triple jump, high jump and javelin
- U13s+ can wear spike shoes in all events except for walks

# JAVELIN

The rules regarding runway lines may not apply on a Friday night due to our limitations.

## Basic rules

- The javelin must be held at the grip. It shall be thrown over the shoulder or the upper part of the throwing arm and must not be slung or hurled.
- At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around so their back is towards the landing sector.
- A throw will only be valid if the tip of the javelin hits the ground first. It does not have to stick in the ground.
- A foul occurs if:
  - the javelin lands on or outside the lines marking the landing sector
  - the athlete leaves the runway before the javelin has landed
  - the athlete touches any of the lines marking the runway or the line marking the front of the runway at any point during their throw.
  - the athlete leaves the runway in front of the throwing arc line

## Measuring

- The zero end of the tape will be held where the tip of the javelin first landed and measured back to the inside edge of the arc, with the tape pulled back 8m to the centre of the throwing arc

## Safety

- Ensure any helpers in the landing sector are facing the athlete before allowing the athlete to throw
- Ensure everyone, except those helping in the landing sector, is behind the throwing area, in case of stray javelins
- Javelins must be carried back from the landing sector **NEVER** thrown.

## Little Athletics – Javelin specifications

	U11	U12	U13	U14	U15	U17
Boys	400g	400g	600g	600g	700g	700g
Girls	400g	400g	400g	400g	500g	500g

## Senior Athletics – Javelin specifications

	Open	U20	U18	U16	U14
Male	800g	800g	700g	700g	600g
Female	600g	600g	500g	500g	400g

# DISCUS

## Rules

- The throw is made from within the circle
- The throw is commenced from a stationary position
- An athlete is allowed to touch the inside of the iron band marking the circle when making a throw
- A foul occurs if:
  - any part of the athlete's body touches the top or goes outside of the iron band when making a throw
  - the discus lands on or outside of the lines marking the landing sector
  - the athlete leaves the circle before the discus has landed
  - the athlete leaves the circle, after their throw, from the front half of the circle

## Measuring

- A throw is measured from the nearest point the discus lands to the **inside edge** of the iron band
- When measuring, place the zero end of the tape at the point the discus lands **which is closest to the circle** and run the tape back to the centre of the throwing circle
- The distance is measured to the inside of the iron band along a line from the mark to the centre of the circle
- Distances shall always be recorded to the nearest centimetre below the distance measured if the distance measured is not a whole centimetre

## Safety

- Ensure only the athlete is in the circle and everyone else (except those helping in the landing area) is behind the fencing during any throw
- Ensure any helpers in the landing sector are facing the athlete before allowing the athlete to throw. Be aware of helpers from the other circles as well.
- Ensure those helpers in the landing area are on the outside edges of each sector and not in the overlap area of the 2 sectors.
- If someone is using the long throwing sector, stop the throws from other sectors so helpers in the landing area can turn around to face the discus from the long throws area.
- Discus must be carried back from the landing area, **NEVER** thrown.

## Little Athletics – Discus specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1.5kg
Girls	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg

## Senior Athletics – Discus specifications

	Open	U20	U18	U16	U14
Male	2kg	1.75kg	1.5kg	1kg	1kg
Female	1kg	1kg	1kg	1kg	1kg

# HAMMER THROW

The club does not run hammer events on Club Competition Nights, however Athletics NSW and Athletics Australia includes hammer events at some meets.

## Senior Athletics – Hammer specifications

	Open	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	3kg	3kg	3kg

# SHOT PUT

## Rules

- The put is made from within the circle and must begin from a stationary position.
- The put is made with one hand only.
- When the athlete takes their stance, the shot must be placed close to the chin/neck under the jaw line.
- The shot can be placed near the neck but the hand must not rest on the shoulder.
- The shot cannot be taken behind the line of the shoulders.
- When making a put, the athlete's foot may touch the inside of the stop board.
- A foul occurs if:
  - during the throw any part of the athlete's body either touches the top of the stop board or the top of the circle, or the ground outside the circle or if they make an improper throw.
    - An improper throw occurs if the hand is not close to the chin/neck at the time the hand is driven forward to release the shot. You will see the hand/elbow drop down and it will look like two moves rather than one forward move from the stationary starting position.
  - the shot lands on or outside of the lines marking the landing sector.
  - the athlete exits the circle before the shot has landed.
  - the athlete leaves the circle, after their throw, from the front half of the circle.

## Measuring

- A throw is measured from the nearest point the shot lands back to the **inside edge** of the stop board.
- When measuring the distance, place the zero end of the tape at the point the shot lands **which is closest to the throwing circle** and then run the tape back to the centre of the throwing circle.
- The distance is then measured to the inside edge of the stop board along a line from the point of landing to the centre of the circle.
- Distances shall always be recorded to the nearest centimetre below the distance measured if the distance measured is not a whole centimetre

## Safety

- Ensure any helpers in the landing sector are facing the athlete before allowing the athlete to throw.
- Ensure everyone, except those helping in the landing sector, is behind the circle, in case of stray throws
- Shot puts should be carried or rolled back to the circle **NEVER** thrown.

## Little Athletics – Shot Put specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	5kg
	Pink	Blue	Yellow	Orange				White		Red	Green
Girls	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg
	Pink	Blue	Yellow	Orange				White			

## Senior Athletics – Shot Put specifications

	OPEN	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	3kg	3kg	3kg

# LONG JUMP / TRIPLE JUMP

## Rules

- An athlete must take off from one foot only.
- A foul occurs if:
  - any part of the mark made by the athlete's take-off foot crosses the front of the take-off sand area (U6 to U10) or beyond the 20cm take off board (U11+) which is clearly marked on the runway **OR** they take off from outside either end of the take-off area or board.
  - the athlete, when they land, touches the ground outside the landing area (pit), nearer to the take-off board/area than the nearest break made in the landing area made by the jump.
  - when leaving the pit area the athlete's first contact with the ground outside is closer to the take-off line than the nearest break they made in the sand on landing.
  - after landing, the athlete walks back through the landing area, without having first left the pit area in the correct manner.
  - the athlete uses any form of somersaulting!
- In triple jump (hop, step, jump), a hop is made so that the athlete first lands on the same foot from which they have taken off from, in the step they land on the other foot and it is from this foot that the jump is performed. If the athlete, while jumping, touches the ground with the trailing/"sleeping" leg, it does not count as a foul.

## Take-off boards (very important) and Measuring

- For U6 to U10 a sand take-off area measuring 1.22m (width of runway) by 0.50m is used. It should have a covering of sand about 1cm-2cm deep. The front of this sand area is positioned **0.5m** from the edge of the pit for U6 and U7 and **1.0m** from the edge for U8, U9 & U10s.
- When measuring the distance, you place the zero end of the tape at the point the athlete breaks the sand with **any** part of their body nearest to the take-off board. This may be a mark made by the hand or foot behind the initial landing if they overbalance and fall back.
- A jump is then measured directly back to the front of any indentation made by the athlete in the sand on the take-off area for the younger age groups.
- If the (U6-U10) athlete takes off before the take-off area, the measurement is taken perpendicularly from the mark in the pit to the **back NOT** the front of the take-off area.
- For U11+ the normal white 20cm take-off board is used. All measurements are taken perpendicular back to the front of the 20cm take-off strip/board from the mark made in the pit for U11+.
- Distances shall always be recorded to the nearest centimetre below the distance measured if the distance measured is not a whole centimetre

## Tip:

- As a general rule of thumb for new athletes, they should take about the same number of strides to get to the take-off board as they are years old – up to about 15 strides.

## Safety

- Always ensure the person with the rake has exited the pit before allowing the next athlete to start their run up
- Ensure the runways are kept clear and children are not running across them.
- Ensure athletes leave the pit on the outside edge so that they don't get in the way of athletes using the other pit.

# HIGH JUMP

## Rules

- An athlete must jump off one leg only for the jump to be legal.
- U9s and U10s are only allowed to use the scissor technique as per LANSW rules. A valid scissor jump will be recorded if:
  - The leading foot of the athlete goes over the bar before the athlete's head.
  - The head of the athlete must be higher than their buttocks, at the point that the buttocks clear the bar
  - The athlete's lead foot touches the landing area before any other part of their body.
- Each athlete is given 3 attempts to clear each height.
- If they fail to clear the height after their third attempt, they are out of the competition.
- When an athlete clears a particular height, they do not jump again until the next height.
- An athlete can pass a height or an attempt at a height if they desire. However, after three consecutive failures, regardless of the heights at which the jumps are made, they are eliminated.
- A foul occurs if:
  - the bar is knocked off the supports during a jump (and doesn't land back on them).
  - an athlete touches the ground or landing area (mats) beyond the plane of the bar with any part of the body, without first clearing the bar.
- If the bar falls off without having been knocked by the athlete (eg due to strong wind) this is not a failure and the athlete is given another jump, or if it is very clear that they were over the height first it can be recorded as a clearance.

## Measuring

- **Before the first height, check both bar supports are at the correct height and level by using the metal measuring bar as the tapes on the uprights do not always read the correct height.**
- The height is measured using the steel bar marked in graduated centimetres with the zero end placed on the ground, perpendicular to the bar.
- Heights are measured in whole centimetres with the measure placed perpendicular to the ground and measured to the **lowest part of the upper side of the cross bar** (normally the middle of the bar)
- After all athletes have completed a particular height, the cross bar height is increased by 5cm
- When only 6 or fewer athletes remain, they are entitled to have the cross bar increased at 2cm intervals between heights, if requested.

## Recording

- On the recording sheet there should be 3 small boxes underneath the space to note each height. These boxes are for marking the results of each attempt at that height. If there is a clearance the athlete does not jump again until the next height, so no further marks are made for that height.
- When recording an athlete's attempts at a given height, a clearance is marked with a O and failure with an X.
- Three consecutive Xs constitute elimination and a O at any given height enables the athlete to advance to the next height.
- If an athlete passes on a height that is noted by " - "

**NOTE:** All athletes will be encouraged to **use the scissor technique** properly and to jump a reasonable height before they attempt to flop.

## Suggested starting heights:

U9 – 0.70m	U12 – 0.95m	U15 – 1.10m
U10 – 0.80m	U13 – 1.00m	U17 – 1.20m
U11 – 0.90m	U14 – 1.05m	U18+ – 1.30m

**NOTE:** Please note U8s also do high jump but only as a training event and use a rubber flexi bar. Every effort will be made to ensure all athletes clear a height each night. If necessary, the starting height for some athletes should be lowered to ensure they get a chance. Equally those athletes that can jump higher heights should be encouraged to pass some of the opening heights.

## TRACK INFORMATION

During our Club Competition Nights there can be up to four tracks being used

- There are 2 straight tracks in the middle of the oval
  - one for the sprints from 50m-100m
  - one for the sprint hurdle races from 60m-100/110m.
- The inner track (the inside 6 lanes ie lanes 1-6 of the circular track) is used for the long hurdles (200/300m) and also for the 200m and 400m races.
- The outer track (the outside 2 lanes ie lanes 7- 8 of the circular track) is for events not run in lanes – ie the younger age group pack starts of 300/500/700m and all other races 800m+ and walks.

The **Walk distances** are as follows:

U9 = 700m

U10 & U11 = 1100m

U12+ = 1500m

### Track Rules

- Spike shoes cannot be worn for race walk events
- U6 to U10s cannot wear spike shoes at all.
- U11s & U12s can wear spike shoes for all events run entirely in lanes (and LJ, TJ, HJ and Javelin)
- U13s+ can wear spike shoes in all events except walks
- For all events run entirely in lanes, each athlete must keep entirely within their own lane from start to finish. If they do not, they may be disqualified.
  - If an athlete runs outside their lane on the straights or on the outside of their outer lane line on the bends and no other athlete is obstructed, they do not need to be disqualified as they have not gained any advantage or impeded anyone else.
- If an athlete voluntarily leaves the track during a race, they are not allowed to rejoin the race.
- An athlete may be disqualified for causing 2 false starts – see information below on starts
- For **Race walks** the correct technique should be used for times to be valid and recorded – particularly records
  - The athlete must maintain contact with the ground at all times
  - The advancing leg (the one going out to the front) must be straightened (ie no bent knee) from the moment of first contact with the ground until the vertical upright position (ie when the leg is directly underneath the rest of the body)
  - Yellow paddles are shown to an athlete if they are in danger of not complying with the rules – these are a warning.
  - Red cards are shown if an athlete actually breaks the rules of walking.
- False starts:
  - If an athlete leaves their marks with hand or foot after the words “set” (for events run in lanes) or “on your marks” for events not run in lanes and before the gun has fired, it shall be considered a false start and the race should be recalled and started again. At Championship events there is a limit on the number of false starts that can be committed before athletes are disqualified, dependant on the age group.



## STARTING A RACE

- Before the starter starts a race, it is advisable to blow a whistle to alert both the athletes and those around that a race is about to start.
- For events run entirely in lanes the commands are “On your marks”, “Set” and then the gun is fired.
  - On the command “**On your marks**” the athletes approach the start line and if doing a crouch start get into their initial position, ensuring no part of their foot or hand touches the line.
  - When all athletes are steady the command “Set” is given, upon which the athletes take up the stance/position that they wish to start the race. Athletes should move to this position promptly.
  - When all athletes are again steady the Starter shall fire the gun to start the race.
- For events not run entirely in lanes the commands are “On your marks” and the gun being fired.
  - On the command “**On your marks**” the athletes approach the line, ensuring no part of their foot touches the line, and assume the position that they wish to start the race from.
  - Once all athletes are settled and steady the gun is fired to start the race.

At the end of a race run entirely in lanes, athletes should remain in their lanes until advised they can move to the recording table and give/show their registration number.

At the end of a race not run in lanes, athletes should be given a numbered card, sequentially, as they come across the finish line and then go – in number order – to the recording table.

For races run on the outer track, assistance will be required to keep count of the laps completed by each athlete and advise how many laps are left as each athlete goes past – otherwise it is very difficult to keep track of athletes who have been lapped

## HURDLES

Hurdles are placed on the track so that, if hit, they will collapse away from the athlete to minimise injury. Please ensure athletes do not go over them in the reverse direction during any warm up/practise runs.

### Rules

- All hurdle races are run in lanes and each athlete must stay in their own lane.
- If an athlete deliberately knocks down a hurdle, they may be disqualified
- If the trailing leg (the one that goes over the hurdle second) is below the horizontal plane of the top of the hurdle as they clear it, they may be disqualified – ie they cannot take their trailing leg around the side of a hurdle. This is more likely to occur on the longer hurdle races or with athletes in the outside lanes of the short hurdles.
- If an athlete directly or indirectly knocks down, alters or moves a hurdle in another lane they can be disqualified, unless there is no effect or obstruction to anyone else (ie other athlete has already gone over that hurdle)

### LAs Hurdle specifications

Age	Distance	Run In	Run Out	Flights	Height	Distance between
U8 & U9	60m	12m	13m	6	45cm	7m
U10	60m	12m	13m	6	60cm	7m
U11	80m	12m	12m	9	60cm	7m
U12	80m	12m	12m	9	68cm	7m
U13 & U14G	80m	12m	12m	9	76cm	7m
U14B & 15G	90m	13m	13m	9	76cm	8m
U15B & U17G	100m	13m	10.5m	10	76cm	8.5m
U17B	110m	13.72m	14.02m	10	76cm	9.14m

U17B (if no 110m track available)	100m	13.72m	13.16m	9	76cm	9.14m
U13	200m	20m	40m	5	68cm	35m
U14	200m	20m	40m	5	76cm	35m
U15 & U17	300m	50m	40m	7	76cm	35m

### Senior Hurdle specifications

Age	Distance	Run In	Run Out	Flights	Height	Distance between
U14W	80m	12m	12m	9	76.2cm	7m
U14M + 15/16W	90m	13m	13m	9	76.2cm	8m
U17/18W	100m	13m	10.5m	10	76.2cm	8.5m
U15/16M + U20/Open W	100m	13m	10.5m	10	84cm	8.5m
U17/18M	110m	13.72m	14.02m	10	91.4cm	9.14m
U20M	110m	13.72m	14.02m	10	99.1m	9.14m
Open M	110m	13.72m	14.03m	10	106.7	9.14m
U15/16 M+W	200m	18.29m	17.10m	10	76.2cm	18.29m
U17 /18W	400m	45m	40m	10	76.2cm	35m
U20 / Open W	400m	45m	40m	10	76.2cm	35m
U17/18M	400m	45m	40m	10	84cm	35m
U18/Open M	400m	45m	40m	10	91.4cm	35m

## TRACK RELAYS

Little Athletics track relays are conducted in 4 x 100m, 4 x 200m and 4 x 400m. Each relay has four athletes running the individual distance consecutively while in possession of the baton.

### General rules

1. No athlete may run two sections for a team.
2. The baton must be carried by hand throughout the race.
3. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton, so long as they do not interfere with any other athlete, and return to their own lane before passing the baton. The act of dropping the baton does not itself result in disqualification.
4. Should any athlete wilfully impede a member of another team by running out of their lane, their team is likely to be disqualified.
5. Athletes may place one check mark on the track within their own lane using adhesive tape only.
6. The baton must change hands within the take-over zone – with the position of the baton the decisive factor and not the position of the athlete's body/limbs.
7. Athletes must remain in their lanes after handing over the baton, until the course is clear.

**The 4 x 100m relay** is run entirely in lanes. The takeover zone for each change is 30m long.

**The 4 x 200m relay** is run for two changes in lanes and then the relay lanes merge. Athletes receiving the baton for the third change will line up at the change point according to the position of the incoming athletes, the leading team will therefore receive the baton from the inside lane. For the first two changes of the 4 x 200m relay, the take over zone is 30m, the third changeover zone is 20m.

**The 4 x 400m relay** is run for the first lap only in lanes with athletes able to merge after the first change. Changes two and three will line up at the change point according to the position of the incoming athletes. The leading team will take the baton from the inside lane. The changeover zone for the 4 x 400m relay is 20m.

# CLUB RECORDS

Club records can only be broken at Cherrybrook Little Athletics Competition Nights (including special events such as Ribbon Night and Multi Night) and **MUST BE** properly verified and signed off by an official to be valid. Records can be verified by:

- An accredited Club official in that event (list to be coordinated and handed to AMs each season)
- Any committee member (although some may choose to decline if they do not feel qualified/confident)

**Parents/carers – including Age Managers (or coaches who are siblings or otherwise related) – must not be involved in validating any record involving their own child (other than by electronic timing)**

## TRACK:

For laned track events, the starter and timekeeper on duty can **sign off** on a record and must verify there was no false start or issue with the timing equipment and no other race infringements (crossing lanes etc). For walks, judges must be positioned around the track to ensure correct technique is used (see P8).

If you know an athlete is attempting a record, it is best to notify the starters/timers to have a hand-held timer as back-up in case the electronic gates/computer timer fail.

Generally, athletes should run in their own age/gender groups however for sake of expediency starters or other Club organisers may decide to run several age/gender groups together and if a record is achieved it will be valid (as long as all other requirements are met).

If using hand-held timing, two timekeepers must time the record run and the slower of the two times will be recorded. When mixed gender/age groups are running, Age Managers should advise timers to double time the first girl and first boy, or first of each age group respectively.

For all outer track events using a hand-held timer, multi-timer or computer operated timer, a qualified official must be present during the running of the event, two timekeepers should time the record run whenever possible and the slower of the two times will be recorded.

On track events using hand-held timing a qualified official must be present during the running of the event, two timekeepers must time the record run and the slower of the two times will be recorded.

For a result to be valid, the gatekeeper must sign off on the recording sheet.

There will be separate records kept for electronic and hand-held timing.

## FIELD:

For field events, it is best if an official is present for the attempt where possible as they can judge the attempt to be valid and legal (ie not a foul) and verify the measurement is accurate.

However, if an athlete surprises you with a possible record, it may still be considered valid and signed off by an official if:

- The attempt was properly witnessed and ruled to be a legal throw or jump (ie not a foul) by an Age Manager or Coach who is not related to the athlete.
- The marker/bar must remain in place to be verified by an official – in the sandpit ensure the footprints etc remain until the distance is checked.

**YOU MUST HAVE AN OFFICIAL CHECK THE MEASUREMENT**, and be satisfied by the independent witness accounts that the attempt met all the requirements in terms of not being a foul.

**Note:**

- Records can only be achieved within normal competition rules – athletes cannot repeat events on the same night to try to break a record.
- Athletes using their own equipment **MUST** have had that equipment checked and verified prior to use by the equipment manager, and that equipment must be available for use by all other age/gender group members competing in the same event (see page 2).

**TIP:** *If you are an Age Manager whose own child has the potential of breaking a record in a field event, ensure that another person – either coach or other AM – is watching when your child competes and can independently verify any record attempt was not a foul/met all requirements when an official checks.*

**Club Championship Records** are the best performances by Cherrybrook athletes at championship events such as Zone, Region and State (and previously State Multi, which is no longer a championships). These records are available on our website and Red Book. Athletes must inform the Club of any record achieved outside Competition Nights for it to be recorded and included in our results each year.

**Dual athletes** should also check the Red Book or our website for Senior records and requirements, and should inform the Senior Championships officer of any record achieved.