

Triple Jump - To efficiently run this event, you should have 3 people, plus a person to rake.

Main Official

This person is in charge of the event. It is your job to ensure a FAIR COMPETITION. Do not start an event early. Close the pit until the scheduled time. Do not allow any extra practise before the event begins. To get control of the event from the very beginning, call all the competitors together and explain how you will be running the event (ie) your “rules”. Put a cone on the scratch board while you are explaining things to show them what you mean by a “closed pit.”

1. You should call each competitor when it is his / her turn. You should also state who is up next. For example, “George jumping, Ralph on deck.”
2. Just prior to their run-up, the competitors must tell you which board he / she will be jumping from. After their one practise attempt and any other jump, they may change the board. However, they must tell you just prior to their run-up.
3. If a competitor is called away to another event, he / she must tell you. You then can mark it down and continue with the remaining competitors. Remind those “leaving” that they need to return as soon as possible. The competitors need a little bit of leeway here as the other event may encounter a glitch or two. Therefore, if you feel the competitor is taking too long to return to your event, then get another student to go to the announcer and call that person back to your event. If they, or someone else (parent, teacher) does not come back to say there is a problem, wait 10 minutes and then close the event.
4. After each attempt place a pylon on the path to “close the pit” while the measuring takes place. No one is allowed to jump while the pylon is on the scratch line.

Once event has begun:

1. Stand in line with the front edge of the board (that each competitor has stated) to see if there is a scratch. If any part of the body touches the ground in front of the scratch line, tell them it is a fault. Do not measure a scratch / fault.
2. You must determine if it was a legal jump. That is, it must be a HOP, STEP, JUMP. During the hop and step phase, only one foot should be in contact with the ground. You must tell them when it’s a fault and why, even in the warm up attempt.
3. Once the runner has landed in the pit, place a pylon on the scratch line.
4. After the “assistants” have placed the measuring tape in position, you need to read out the distance. Write it down on the sheet, saying it out loud so athletes and spectators can hear. The measurement is to go to the lowest centimeter (ie) if it is 20.5 you need to record 20 cm instead of rounding up to 21cm.

Assistant #1

1. After it has been determined that the attempt was legal, assistant #1 puts a pencil or “spike” at the mark in the sand that is closest to the board.
2. Hold the “zero” end of the tape measure at the spike.

Assistant #2

1. Holds the other end of the tape measure and stretches it to the front of the board.
2. The tape must be at right angles to the scratch line. Therefore, the tape may need to move over depending where the “spike” is in the sand.

After the measurement has been recorded, the pit should be raked. When raking, do not pull the sand outwards; it needs to be pushed inwards to create a “flat” surface. When everyone has done his / her job, the next competitor should be called.

Each competitor will have a practise attempt plus 3 other attempts. At the end of the competition carefully go over the results, choosing the longest distance for each competitor. Then compare this to all other results to determine the top 8 competitors. Ribbons for 2nd through 8th place for each event will be in the envelope you pick up at the beginning of the day from the scorer’s table. Please hand out these ribbons to those who have earned them at the conclusion of each event, but only after carefully checking the results sheets to make sure no errors have been made. Ribbons mistakenly given out are difficult and awkward to retrieve. It is better to take a bit longer to be sure rather than hurry to satisfy the anxious competitors. After the ribbons have been given out, the results sheets should be sent to the scorer’s table with the first place finisher. The first place finisher should be instructed to take the results sheets to the scoring table and collect his / her ribbon.

Breaking a Tie

If the athletes have the same best distance, then the better (or best) second distance decides the order of finish.

If athletes have the same best and second best distances, then the better (or best) third distances decide the order.

Any officially recorded distance is better than a scratch or no official jump. If athletes have the same best and second best distances and one has a third distance and the other has scratched the third attempt, the athlete with 3 distances finishes ahead.

Long Jump

To efficiently run a long jump event, you should have 3 people, plus a person to rake.

Main Official

This person is in charge of the event. It is your job to ensure a FAIR COMPETITION. To get control of the event from the very beginning, call all the competitors together and explain how you will be running the event (ie) your “rules”. Put a cone on the scratch board while you are explaining things to show them what you mean by a “closed pit.”

1. You should call each competitor when it is his / her turn. You should also state who is up next. For example, “George jumping, Ralph on deck.”
2. If a competitor is called away to another event, he / she must tell you. You then can mark it down and continue with the remaining competitors. Remind those “leaving” that they need to return as soon as possible. The competitors need a little bit of leeway here as the other event may encounter a glitch or two. Therefore, if you feel the competitor is taking too long to return to your event, then get another student to go to the announcer and call that person back to your event. If they, or someone else (parent, teacher) does not come back to say there is a problem, wait 10 minutes and then close the event.
3. After each attempt place a pylon on the path to “close the pit” while the measuring takes place. No one is allowed to jump while the pylon is on the scratch line.

Once event has begun:

1. Stand in line with the front edge of the board to see if there is a scratch. If any part of the body touches the ground in front of the scratch line, tell them it is a fault. Do not measure a scratch / fault. You must tell them when it’s a fault and why, even in the warm up attempt.
2. Once the runner has landed in the pit, place a pylon on the scratch line.
3. After the “assistants” have placed the measuring tape in position, you need to read out the distance. Write it down on the sheet, saying it out loud so athletes and spectators can hear. The measurement is to go to the lowest centimeter (ie) if it is 20.5 you need to record 20 cm instead of rounding up to 21cm.

Assistant #1

1. After it has been determined that the attempt was legal, assistant #1 puts a pencil or “spike” at the mark in the sand that is closest to the board.
2. Hold the “zero” end of the tape measure at the spike.

Assistant #2

1. Holds the other end of the tape measure and stretches it to the front of the board.
2. The tape must be at right angles to the scratch line. Therefore, the tape may need to move over depending where the “spike” is in the sand.

After the measurement has been recorded, the pit should be raked. When raking, do not pull the sand outwards; it needs to be pushed inwards to create a “flat” surface. When everyone has done his / her job, the next competitor should be called.

Each competitor will have a practise attempt plus 3 other attempts. At the end of the competition carefully go over the results, choosing the longest distance for each competitor. Then compare this to all other results to determine the top 8 competitors. Ribbons for 2nd through 8th place for each event will be in the envelope you pick up at the beginning of the day from the scorer’s table. Please hand out these ribbons to those who have earned them at the conclusion of each event, but only after carefully checking the results sheets to make sure no errors have been made. Ribbons mistakenly given out are difficult and awkward to retrieve. It is better to take a bit longer to be sure rather than hurry to satisfy the anxious competitors. After the ribbons have been given out, the results sheets should be sent to the scorer’s table with the first place finisher. The first place finisher should be instructed to take the results sheets to the scoring table and collect his / her ribbon.

Breaking a Tie

If the athletes have the same best distance, then the better (or best) second distance decides the order of finish.

If athletes have the same best and second best distances, then the better (or best) third distances decide the order.

Any officially recorded distance is better than a scratch or no official jump. If athletes have the same best and second best distances and one has a third distance and the other has scratched the third attempt, the athlete with 3 distances finishes ahead.

Shot Put - To efficiently run this event, you should have 3 people.

Main Official

This person is in charge of the event. It is your job to ensure a FAIR COMPETITION. To get control of the event from the very beginning, call all the competitors together and explain how you will be running the event (ie) your “rules”.

1. You will call each competitor when it is his / her turn. You should also state who is up next. For example, “George jumping, Ralph on deck, and Freddie retrieving.”
2. You decide who takes the shot put and when. You also decide who will retrieve the shot put and when.
3. If a competitor is called away to another event, he / she must tell you. You then can mark it down and continue with the remaining competitors. Remind those “leaving” that they need to return as soon as possible. The competitors need a little bit of leeway here as the other event may encounter a glitch or two. Therefore, if you feel the competitor is taking too long to return to your event, then get another student to go to the announcer and call that person back to your event. If they, or someone else (parent, teacher) does not come back to say there is a problem, wait 10 minutes and then close the event.
4. A competitor must enter the circle from the back half of the circle. Once he / she picks up the shot and enters the circle he / she can not step out again until after the shot has been put. It is a foul if after a competitor has stepped into the circle and started to make the put, he / she touches the circle or the ground outside it with any part of his / her body. It is also a foul if he touches the top of the stop board. A competitor may rest his / her feet against the edge of the stop board.
5. The competitor must not leave the circle until the shot has touched the ground. He / she must then exit from the back half in order for the attempt to be completed. Do not state whether the put was legal or not until the competitor has left the circle.
6. The shot put has to touch or be close to the cheek. If the shot / hand drops away from the cheek or goes behind the shoulder it is a fault. The elbow cannot be in front of the shot or wrist which should be “locked.” Competitors should try to form a 90 degree angle from the elbow to the arm pit and down the side of the body. The shot put should be “pushed” away.
7. The shot put must land within the inner edge of the 45 degree sector.
8. Tykes and PW I boys and girls use a 4 lb. shot put while the PW II and Bantam groups use a 6 lb. shot put.

Once event has begun:

1. Stand in position so you can see that the shot put is placed properly against the cheek / neck. If any part of the body touches the top of the stop board or the ground in front of the stop board, it is a fault. Do not measure a fault.
2. Once the athlete has finished his / her attempt, wait to see if he / she exits properly (ie) from the back half of the circle.
3. You must determine if it was a legal attempt. You must tell them when it's a fault and why, even in the warm up attempt. Do not measure fouls!
4. After the "assistants" have placed the measuring tape in position, you need to read out the distance. The measurement is from the inside edge of the stop board (ie) the edge closest to the center of the circle. Write it down on the sheet, saying it out loud so athletes and spectators can hear. The measurement is to go to the lowest centimeter (ie) if it is 20.5 you need to record 20 cm instead of rounding up to 21cm.

Assistant #1

1. Once the attempt has been declared legal, assistant #1 puts a pencil or "spike" in the indentation on the ground, on the edge nearest to the circle. Hold the "zero" end of the tape measure at the spike.

Assistant #2

1. Holds the other end of the tape measure and stretches it to the back end of the circle. It must cross through the center of the circle.

After the measurement has been recorded, the shot put should be retrieved as you have instructed. After everyone has done his / her job, the next competitor should be called.

Each competitor will have a practise attempt plus 3 other attempts. At the end of the competition carefully go over the results, choosing the longest distance for each competitor. Then compare this to all other results to determine the top 8 competitors. Ribbons for 2nd through 8th place for each event will be in the envelope you pick up at the beginning of the day from the scorer's table. Please hand out these ribbons to those who have earned them at the conclusion of each event, but only after carefully checking the results sheets to make sure no errors have been made. Ribbons mistakenly given out are difficult and awkward to retrieve. It is better to take a bit longer to be sure rather than hurry to satisfy the anxious competitors. After the ribbons have been given out, the results sheets should be sent to the scorer's table with the first place finisher. The first place finisher should be instructed to take the results sheets to the scoring table and collect his / her ribbon. Please make an effort to break ties according to the information included, as we are only allowed to send a specific number of people to the District Meet.

Breaking a Tie

If the athletes have the same best distance, then the better (or best) second distance decides the order of finish.

If athletes have the same best and second best distances, then the better (or best) third distances decide the order. Any officially recorded distance is better than a scratch or no official jump. If athletes have the same best and second best distances and one has a third distance and the other has scratched the third attempt, the athlete with 3 distances finishes ahead.

High Jump

To efficiently run a high jump event, you should have 3 people.

Main Official

This person is in charge of the event. It is your job to ensure a FAIR COMPETITION. To get control of the event from the very beginning, call all the competitors together and explain how you will be running the event (ie) your “rules”.

1. You will call each competitor when it is his / her turn.
2. If a competitor is called away to another event, he / she must tell you. You then can mark it down and continue with the remaining competitors. Remind those “leaving” that they need to return as soon as possible. When they return, they must rejoin the competition at the height it is at. If all other competitors have finished and are eliminated, then allow the competitors to go to the height it was when they left. The bar should continue to increase with the same increments as the other competitors.
3. After each completed round the bar will be raised by 5 cm until there are only 3 competitors left. Then the bar will be raised 3 cm after each round until a winner is declared.
4. A competitor may start jumping at any height above the minimum starting height and can choose to jump at any subsequent height. He / she simply says pass until the height of their choice.
5. A competitor is eliminated after 3 CONSECUTIVE failures, regardless of the heights. A competitor may have a fault, then pass to another height, have a fault at that height and then pass and have another fault.
6. State how many balks you will allow before it is considered a fault (ie) 3 balks or “run by” and then it is considered a fault.
7. It is considered a fault when the bar is dislodged. It **does not** matter if the competitors are **off the mat** or not. If the bar falls off it is a fault.
8. It’s a fault if a competitor takes off from both feet. Must be a one-foot take off.
9. It is a fault if a competitor passes the plane of the uprights and touches the ground beyond it. Sometimes a competitor decides his / her run-up and take-off are wrong and runs on underneath the bar into the pit. It is a failure if he / she touches the mat, beyond the plane of the uprights or touches the bar.
10. Competitors may jump in running shoes, bare feet or in socks.

To begin event:

1. Put crossbar at the correct starting height:

Tykes	90cm
PW I	95 cm
PW II	100 cm
Bantam I	105 cm
Bantam II	110 cm

New heights should be measured to the upper side of the crossbar. Measure the height of the bar from the middle and not the far sides, to ensure it is at the height it is supposed to be at.

2. Main official should stand along the plane of the bar. Record if the attempt is successful or a fault.
3. Have a standardized marking / recording system.
For example: X = fail
 ✓ = clear / success
 - = pass
4. Assistant will be the ones to replace the bar.
5. After competitors are eliminated they should sit off to the side, out of the way to watch the rest of the competition.
6. The last competitor may wish to raise the bar and try the next height (if you have time).

Breaking a Tie:

In the event of a tie the competitor awarded the higher place will be decided in the following order:

- a) The one with the least attempts to clear the winning height.
- b) The one with the lowest TOTAL FAILURES. A pass does not count as a failure.
- c) If there is still a tie for FIRST PLACE (only), there will be a re-jump at the lowest height they both (all if there are more than 2) failed at. They get one jump each. If there is still a tie raise or lower the bar 1 cm until only one competitor clears the bar.

*** Ties for the first 5 places should be broken as these go to the District Meet.**

Ribbons for 2nd through 8th place for each event will be in the envelope you pick up at the beginning of the day from the scorer's table. Please hand out these ribbons to those who have earned them at the conclusion of each event, but only after carefully checking the results sheets to make sure no errors have been made. Ribbons mistakenly given out are difficult and awkward to retrieve. It is better to take a bit longer to be sure rather than hurry to satisfy the anxious competitors. After the ribbons have been given out, the results sheets should be sent to the scorer's table with the first place finisher. The first place finisher should be instructed to take the results sheets to the scoring table and collect his / her ribbon.