

MTFOA OFFICIATING INFORMATION SHEETS

Field Events THROWS

NOTE: Coaches/Athletes please remember that track events take precedence over field events. If an athlete has a conflict make sure the chief of the field event knows, then report to the track event. As soon as track event is over, the athlete must immediately return to the field event. If an athlete is competing in a field event and has to leave for a track event, the athlete must inform the chief of the field event.

Official Implements: Weights

IMPLEMENT	WOMEN	MEN	MEN	MEN
	Youth/Junior/Senior	Youth	Junior	Senior
SHOT	4.000 kg	5.000 kg	6.000 kg	7.260 kg
DISCUS	1.000 kg	1.500 kg	1.750 kg	2.000 kg
HAMMER	4.000 kg	5.000 kg	6.000 kg	7.260 kg
JAVELIN	600 g	700 g	800 g	800 g

GENERAL PROCEDURES

- Warm up time: 30 minutes
- Implements must be carried back. Rolling, throwing or dragging back is not allowed
- Athletes must use acceptable language at all times.
- Number of throws for each competitor is three then field is cut to top 8. Another 3 throws. The best of the 6 throws is recorded as the final result score. During the final, the throwing order is "reverse order".
- Point of impact must fall **completely within** the sector; landing on the sector lines is a fault.
- Athlete has a conflict with another event must let Chief Judge know prior to leaving the competition site.

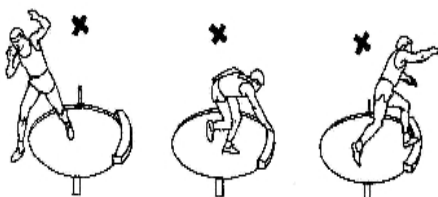
Ties

In Field events, except for High Jump and Pole vault, the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best and so on. If the tie remains and concerns first place, the athletes who attained the same results will compete again in the same order in a new attempt until the tie is resolved.

SHOT PUT DISCUS HAMMER

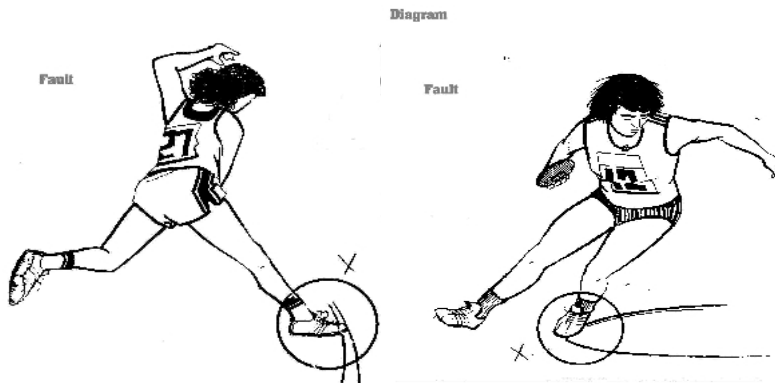
- Weight lifters belt may be worn by athletes.
- Wrists can be taped in shot put, No other throw events.
- Individual fingers may be taped in hammer or a glove (a smooth palm and finger tabs) with open fingers maybe used (hammer only).
- **No** tape on hand except to cover an open wound.
- Proper entrance and exit to circle or runway. The athlete may enter from front or behind but must exit from behind. Leaving from the front is a fault.
- Throw/put must be initiated and completed within the circle/runway

Faults: Shot Put



The competitor must wait inside the circle until the implement has landed.

MTFOA OFFICIATING INFORMATION SHEETS



- Toes maybe jammed against rim or toe board. This is legal.
- Athlete cannot leave circle/runway until implement has landed.(down)
- Proper throwing/putting technique must be used:
 - **Shot Put** - held in close proximity to jaw (neck/jaw area). The shot cannot be drawn back behind plane of the shoulders It helps to keep the thumb pointed downwards, elbow up (air out the armpit) and get your neck dirty while putting.
 - **Discus** - Any competitor can adopt the position he/she chooses and can do turns before releasing the discus. A competitor must begin his/her attempt from a stationary position inside the throwing circle.
 - **Hammer** - throws initiated with hammer on ground outside circle or positioned within the circle are allowed.



NOTE: All throwing events except javelin must be done from a suitable cage. High school track and field coach's and physical education teachers must read the safety guidelines in the following document: "Safety Guidelines for Physical Activity in Manitoba Schools (M.A.S.T./M.P.E.T.A.)" - Track and Field Section. There are restrictions on what can be taught with regards to throwing/putting events.



MTFOA OFFICIATING INFORMATION SHEETS

- Time allotment is 1 min. per throw/put. The clock starts when implement is handed by official to athlete.
- Implements to be used can either be supplied by meet or athletes can use their personal equipment under the following conditions: 1. Meets implement requirements (e.g. weight; construction, material) 2. Personal equipment must be made available to all competitors.

The Event

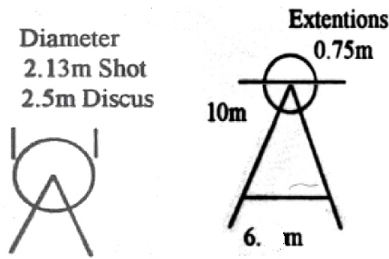
- Inspect site 1 hour prior to scheduled start time
- The following equipment is required: - tape measure, rake towels, mats, squeeze, broom or whisk, implements, marking pin

NOTE: Tape measures:

Shot Put - 25 - 30 m tape

Discus and Hammer - 50 m tape

- Check circle or sector lines



Circle Diameter:

Shot Put - 2.13 Meters

Discus - 2.5 Meters

NOTE: Throwing circle must be clean and dry. Sweep/squeeze /mop as necessary. Mats outside cage area can be used to help keep shoes clean.

POSITIONS OF CREW:

R - Field Referee

1 - Chief - calls athletes, reads result at toe board and records results.

2 - tape puller. (Note O end of tape is out in the field.)

3 & 4 - Watch for entry/exit and foot faults and procedure violations.

5 - Holds zero end of the tape at points of landing.

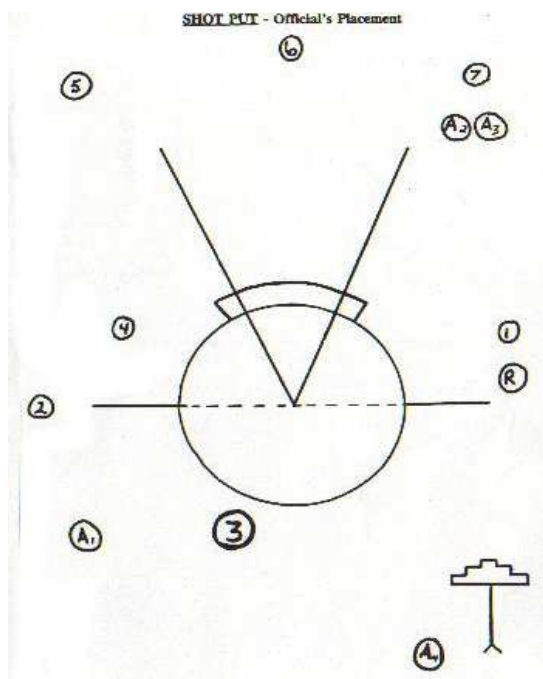
6 & 7 - Markers

A1 - Cleans implements

A2 & A3 - Retrieve and return the implement to stand.

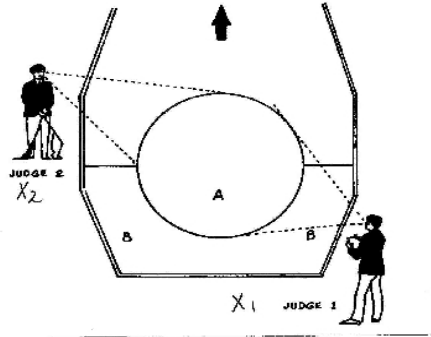
A4 - Indicator Board

Note: For local or provincial events when short of people, the minimum crew should consist of a Chief for call-up and recording, 2 tape pullers and a marker. Athletes can help with retrieval.



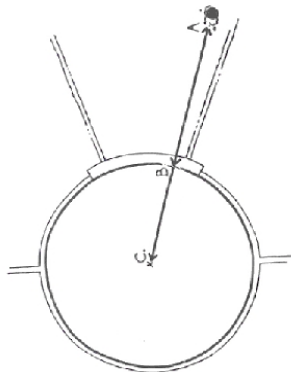
MTFOA OFFICIATING INFORMATION SHEETS

Example two:



NOTE: Tasks may have to be shared if short of help. Competitors can help with retrieving. Chief Official uses the following procedure:

1. Throwing - name and number
 2. On Deck - name and number
 3. Out in Field Retrieving - name and number
- Know what throwing/putting implements weights are required for your event. Boys and girls throw/put different sizes and weights (e.g. discus)
 - 1 kg for girls and women
 - 1.5 kg high school
 - 1.75kg junior athletes
 - 2 kg senior athletes
 - Chief Official gives instructions to the athletes on rules of the competition.
 - do not leave competition area without permission
 - coaching rules and area for coaches
 - number of practice throws/puts
 - time allotment and flags (one minute)
 - maintaining, throwing/putting order
 - entering and exiting circle/runway
 - proper technique
 - General Duties
 - maintain safety throughout the whole warm up and competition
 - measure each legal throw. Keep tape on opposite side of circle to athletes. Keeps tape out of competitor's feet, less chance for injury.



MTFOA OFFICIATING INFORMATION SHEETS

- Keep tape straight as best as possible. It is easier to read and give a correct official reading.
- Make sure athlete does not exceed the official time limit for an attempt
- Record results: F - fault P - pass Result is a measurement to the nearest completed cm
- make sure impact impressions are erased (fill in /rake over)
- record broken: notify crew to hold mark, call Field Referee to verify the record by re measuring the throw/put.
- end of event: Chief official does placements of athletes 1st, 2nd, 3rd, 4th, etc. and sign sheets
- results to Results area then take down and clean up of the competition site.

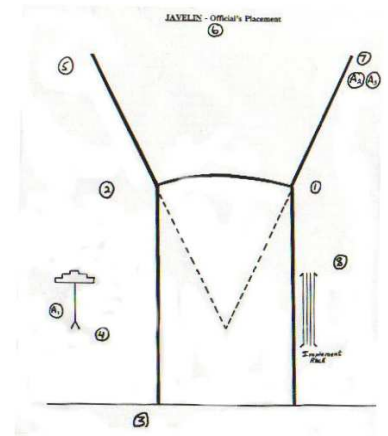


- Inspect site at least 1 hour prior to scheduled start time of the event.
- Confirm required equipment is at site:
 - squeegee, push broom or whisk broom
 - towels to clean equipment
 - 100m tape measure
 - windsock
 - javelins
 - runway is level, dry and clean

- Positions of Crew

- 1 - Chief - calls athletes, reads result at toe board and records results.
- 2 - Watches for foot faults and back-up recorder
- 3 - Calls implement down, responsible for track and runway safety.
- 4 - Tape puller.
- 5 - Holds zero end of the tape at points of landing.
- 6 & 7 - Markers
- 8 - Athlete and implement supervision and call up.
- A1 - Indicator board
- A2 & A3 - Retrieve and return the implement to stand.

Note: For local or provincial events when short of people, the minimum crew should consist of a Chief for call-up and recording, 2 tape pullers and a marker. Athletes can help with retrieval.



This example from the 2004 Canadian National Junior Championships in Saskatoon shows the placement of officials.





TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

MTFOA OFFICIATING INFORMATION SHEETS

The Event

- check in athletes by name and number
- give instructions to athletes on rules of competition
 - do not leave competition site without permission of chief official
 - rules of coaching and coach's area
 - number of practice throws
 - time allotments and flags (1 min)
 - maintaining throwing order
 - proper technique - held at grip and thrown over upper arm/shoulder During a throw, a thrower may not completely turn his/her back on landing area prior to release of javelin. Marks indicating start of run-up can be outside of the runway (Chalk is illegal).
- maintain safety during warm up and competition
- measure legal throws; measurement is to be to the nearest completed cm
- record results: - measurement - F for fault - P for pass
- Keep tape on opposite side of runway to athletes. Keep tape out of competitor's feet (safety).
- During competition, athletes do not practice with implements
- Make sure athlete does not exceed the official time limit for an attempt
- Make sure impact impressions are erased (fill in/stepped down)
- Record broken: Notify crew to hold mark, call referee to verify the record by measuring the throw
- End of event: Chief official does placements of athletes 1st, 2nd, 3rd, 4th, etc and sign sheets.
- Results to Results Area then take down and clean up of the competition site.

SAFETY SUGGESTIONS AND HINTS FOR THROWING IMPLEMENTS

- Keep athletes well back of throwing area. If no cage could use a baseball back stop (shot put, discus)
- Stress safety and be aware of where everyone is.
- People put marking and retrieving must be alert at all time. Throwing /putting events are dangerous. Do not use individuals who do not like having implements thrown towards them.
- Make sure your crew knows their job. Suggest a crew meeting prior to start of event and assign tasks.
- Be aware of wind direction.